



## Caramel-Peanut Butter Bars

 Popular

READY IN



290 min.

SERVINGS



36

CALORIES



272 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 15 peanut butter cups coarsely chopped
- 36 individually wrapped caramels (from 14-oz bag)
- 14 oz condensed milk sweetened canned (not evaporated)
- 0.3 cup creamy peanut butter
- 0.5 cup peanuts

- 16 oz chocolate frosting
- 0.5 cup peanuts chopped

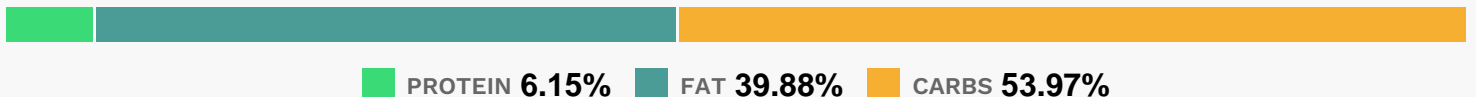
## Equipment

- bowl
- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Stir in candies. Press dough in bottom of pan.
- Bake 18 to 20 minutes or until light golden brown.
- Meanwhile, in 2-quart saucepan, heat caramels and milk over medium heat, stirring constantly, until caramels are melted. Stir in peanut butter.
- Heat to boiling. Cook 2 minutes, stirring frequently.
- Remove from heat; stir in 1/2 cup peanuts.
- Spread over warm cookie base. Cool completely, about 2 hours.
- Spread frosting evenly over filling.
- Sprinkle with chopped peanuts. Refrigerate about 2 hours or until chilled. For bars, cut 9 rows by 4 rows. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.68, Glycemic Load:8.74, Inflammation Score:-2, Nutrition Score:3.8091304509536%

## Nutrients (% of daily need)

Calories: 272.46kcal (13.62%), Fat: 12.47g (19.19%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 37.14g (13.5%), Sugar: 29.75g (33.05%), Cholesterol: 9.42mg (3.14%), Sodium: 166.26mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Phosphorus: 85.61mg (8.56%), Manganese: 0.17mg (8.28%), Vitamin B3: 1.31mg (6.56%), Vitamin B2: 0.1mg (5.98%), Calcium: 58.45mg (5.85%), Magnesium: 22.5mg (5.62%), Folate: 19.37µg (4.84%), Vitamin B1: 0.07mg (4.81%), Copper: 0.09mg (4.53%), Potassium: 154.58mg (4.42%), Selenium: 2.75µg (3.93%), Vitamin E: 0.54mg (3.63%), Fiber: 0.84g (3.36%), Vitamin A: 157.1IU (3.14%), Iron: 0.56mg (3.11%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.42mg (2.81%), Vitamin B6: 0.04mg (2.17%), Vitamin B12: 0.11µg (1.85%)