



WHATSheATE



Caramel-Peanut Butter Bars

READY IN



290 min.

SERVINGS



36

CALORIES



286 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 36 individually wrapped caramels (from 14-oz bag)
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 1 lb chocolate
- ☐ 15 peanut butter cups coarsely chopped
- ☐ 0.5 cup peanuts
- ☐ 0.5 cup peanuts chopped
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)

☐ 14 oz condensed milk sweetened canned (not evaporated)

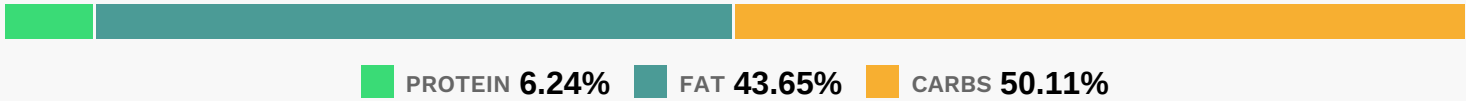
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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:5.86, Glycemic Load:11.69, Inflammation Score:-2, Nutrition Score:4.460434820341%

Nutrients (% of daily need)

Calories: 286.31kcal (14.32%), Fat: 14.56g (22.41%), Saturated Fat: 5.2g (32.48%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 36.2g (13.16%), Sugar: 28.96g (32.18%), Cholesterol: 9.42mg (3.14%), Sodium: 145.21mg (6.31%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.81mg (2.94%), Protein: 4.68g (9.37%), Manganese: 0.2mg (9.88%), Phosphorus: 94.17mg (9.42%), Magnesium: 34.09mg (8.52%), Vitamin B2: 0.13mg (7.64%), Vitamin B3: 1.38mg (6.91%), Copper: 0.14mg (6.88%), Calcium: 60.47mg (6.05%), Fiber: 1.42g (5.68%), Folate: 19.62µg (4.9%), Vitamin B1: 0.07mg (4.87%), Potassium: 166.43mg (4.76%), Selenium: 3µg (4.29%), Iron: 0.73mg (4.05%), Zinc: 0.57mg (3.83%), Vitamin A: 156.98IU (3.14%), Vitamin B5: 0.31mg (3.1%), Vitamin E: 0.38mg (2.54%), Vitamin B6: 0.05mg (2.41%), Vitamin B12: 0.11µg (1.85%), Vitamin K: 1.19µg (1.13%)