



WHATSheATE



Caramel-Peanut Butter Bars

🤍 Popular

READY IN



290 min.

SERVINGS



36

CALORIES



240 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 betty crocker®
- ☐ 15 peanut butter candy pieces miniature coarsely chopped
- ☐ 0.5 cup peanuts chopped
- ☐ 1 pouch sugar cookie mix betty crocker® (1 lb 1.5 oz)

☐ 14 oz condensed milk sweetened canned (not evaporated)

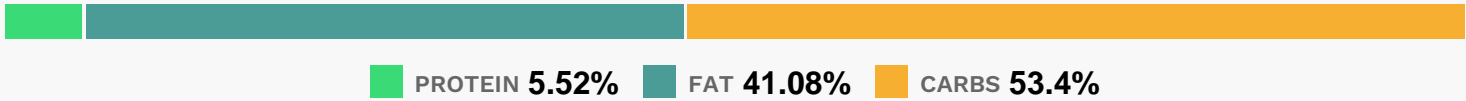
Equipment

- ☐ 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:6.91, Glycemic Load:11.77, Inflammation Score:-2, Nutrition Score:3.4539130446704%

Nutrients (% of daily need)

Calories: 239.93kcal (12%), Fat: 11.48g (17.66%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 32.59g (11.85%), Sugar: 25.8g (28.66%), Cholesterol: 9mg (3%), Sodium: 120.13mg (5.22%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Caffeine: 8.32mg (2.77%), Protein: 3.47g (6.95%), Phosphorus: 75.59mg (7.56%), Manganese: 0.15mg (7.39%), Vitamin B2: 0.12mg (7.06%), Magnesium: 26.18mg (6.54%), Calcium: 53.02mg (5.3%), Copper: 0.1mg (5.19%), Selenium: 2.76µg (3.95%), Fiber: 0.98g (3.93%), Vitamin B3: 0.76mg (3.8%), Potassium: 128.24mg (3.66%), Vitamin B1: 0.05mg (3.24%), Iron: 0.57mg (3.14%), Vitamin A: 153.01IU (3.06%), Zinc: 0.44mg (2.96%), Folate: 11.39µg (2.85%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.03mg (1.72%), Vitamin B12: 0.09µg (1.55%), Vitamin K: 1.07µg (1.02%)