



Caramel-Pecan Oatmeal Bars

READY IN



15 min.

SERVINGS



100

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup butter melted
- ☐ 25 individually wrapped caramels
- ☐ 1 cup pecans chopped
- ☐ 2.5 cups oats uncooked
- ☐ 11.5 oz semi chocolate chips
- ☐ 1 tablespoon water
- ☐ 18.3 oz cake mix yellow

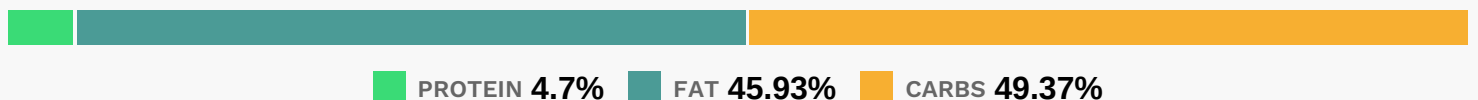
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ microwave
- ☐ cutting board

Directions

- ☐ Place pecans in a single layer in a 13- x 9-inch pan.
- ☐ Bake at 350 for 4 to 5 minutes or until toasted, stirring occasionally.
- ☐ Remove nuts from pan.
- ☐ Line bottom and sides of pan with aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease foil.
- ☐ Stir together cake mix and oats in a large bowl. Stir in butter with a fork until mixture is crumbly and dry ingredients are moistened. Press half of oat mixture evenly onto bottom of prepared pan.
- ☐ Sprinkle chocolate morsels and toasted pecans evenly over oat mixture in pan.
- ☐ Sprinkle with remaining oat mixture.
- ☐ Bake at 375 for 30 minutes or until top is golden brown.
- ☐ Microwave caramels and 1 Tbsp. water in a microwave-safe bowl at HIGH 1 minute or until caramels are melted.
- ☐ Drizzle evenly over warm bars in pan.
- ☐ Let cool on a wire rack 1 hour or until completely cool.
- ☐ Lift baked bars from pan, using foil sides as handles.
- ☐ Place on a cutting board, and cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:1.9, Glycemic Load:2.03, Inflammation Score:-1, Nutrition Score:1.7882608679812%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 74.73kcal (3.74%), Fat: 3.9g (6%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.81g (3.21%), Sugar: 5.15g (5.72%), Cholesterol: 4.03mg (1.34%), Sodium: 55.13mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Manganese: 0.19mg (9.48%), Phosphorus: 40.08mg (4.01%), Magnesium: 13.51mg (3.38%), Copper: 0.07mg (3.27%), Fiber: 0.62g (2.47%), Iron: 0.44mg (2.44%), Vitamin B1: 0.03mg (2.25%), Calcium: 18.52mg (1.85%), Selenium: 1.22µg (1.75%), Zinc: 0.23mg (1.51%), Vitamin B2: 0.02mg (1.43%), Folate: 4.56µg (1.14%), Potassium: 38.4mg (1.1%)