



Caramel Shortbread Squares

 Popular

READY IN



35 min.

SERVINGS



10

CALORIES



373 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons plus light
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup brown sugar light packed
- ☐ 1.3 cups milk chocolate chips
- ☐ 0.5 cup condensed milk sweetened
- ☐ 0.3 cup sugar white

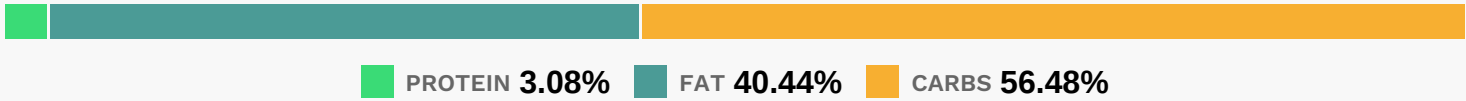
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 C).
- ☐ In a medium bowl, mix together 2/3 cup butter, white sugar, and flour until evenly crumbly. Press into a 9 inch square baking pan.
- ☐ Bake for 20 minutes.
- ☐ In a 2 quart saucepan, combine 1/2 cup butter, brown sugar, corn syrup, and sweetened condensed milk. Bring to a boil. Continue to boil for 5 minutes.
- ☐ Remove from heat and beat vigorously with a wooden spoon for about 3 minutes.
- ☐ Pour over baked crust (warm or cool). Cool until it begins to firm.
- ☐ Place chocolate in a microwave-safe bowl.
- ☐ Heat for 1 minute, then stir and continue to heat and stir at 20 second intervals until chocolate is melted and smooth.
- ☐ Pour chocolate over the caramel layer and spread evenly to cover completely. Chill.
- ☐ Cut into 1 inch squares. These need to be small because they are so rich.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:17.84, Inflammation Score:-3, Nutrition Score:3.9843477963105%

Nutrients (% of daily need)

Calories: 373.37kcal (18.67%), Fat: 17.14g (26.37%), Saturated Fat: 10.72g (66.98%), Carbohydrates: 53.87g (17.96%), Net Carbohydrates: 53.45g (19.44%), Sugar: 40.27g (44.74%), Cholesterol: 29.6mg (9.87%), Sodium: 98.58mg

(4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Selenium: 7.87µg (11.24%), Vitamin B1: 0.14mg (9.31%), Vitamin B2: 0.15mg (8.57%), Folate: 30.73µg (7.68%), Calcium: 74.34mg (7.43%), Vitamin A: 324.49IU (6.49%), Phosphorus: 58.75mg (5.87%), Manganese: 0.11mg (5.74%), Vitamin B3: 0.97mg (4.86%), Iron: 0.84mg (4.65%), Potassium: 155.26mg (4.44%), Magnesium: 8.68mg (2.17%), Vitamin B5: 0.21mg (2.1%), Vitamin E: 0.3mg (1.98%), Zinc: 0.29mg (1.91%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.52%), Vitamin B12: 0.09µg (1.44%)