



## Carmelitas

🤍 Popular

READY IN



47 min.

SERVINGS



16

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 128 g flour all-purpose
- ☐ 1 cup cooking oats quick (100g)
- ☐ 75 g coconut or shredded sweetened
- ☐ 150 g brown sugar dark
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup butter unsalted melted
- ☐ 170 g semi-sweet chocolate chips

- ☐ 1 cup mrs richardson's butterscotch caramel sauce homemade store-bought prepared ( or )
- ☐ 2 tablespoons flour all-purpose
- ☐ 40 g cooking oats quick
- ☐ 25 g coconut or shredded sweetened

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ baking pan
- ☐ spatula
- ☐ dough scraper

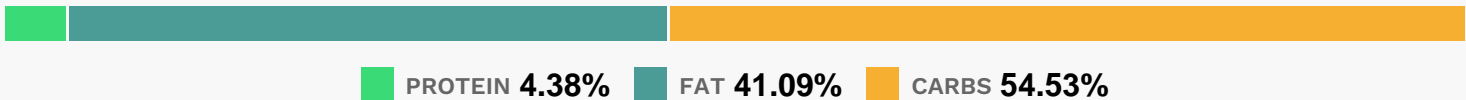
## Directions

- ☐ Prepare the oven and the pan: Preheat the oven to 350°F. Lightly grease a 9x13-inch baking pan and line with parchment, leaving an overhang on the long sides of the pan (this will allow you to lift the bars out of the pan later).
- ☐ Make the base layer and par-bake: In a large mixing bowl, stir together the flour, oats, coconut, and brown sugar. Stir in the baking soda and kosher salt, followed by the melted butter until the mixture is evenly moistened with the butter.
- ☐ Spread the mixture into the bottom of the prepared pan and press firmly into an even layer.
- ☐ Bake for about 12 minutes, or until the edges begin to brown, and the top is just golden.
- ☐ Remove from the oven and cool for 10 minutes.
- ☐ Add the top layer: While the base is still warm (but not piping hot) sprinkle the chocolate chips evenly over the baked base.
- ☐ Pour over the caramel sauce and spread in an even layer.
- ☐ Stir together the flour, oats, and coconut in a bowl, and sprinkle evenly over the top of the caramel sauce layer. Press it down slightly with your fingertips or a spatula to make sure the

top layer ends up moistened by the caramel after baking.

- ☐ Bake for an additional 25 minutes. The caramel should bubble, and the top layer of dry oats and coconut should absorb any additional butter and become golden.
- ☐ Remove the carmelitas from the oven and cool on a rack for 15 minutes.
- ☐ Using a knife or a bench scraper, score the carmelitas, pressing down firmly but not all the way through. Cool completely before lifting from the pan and cutting all the way through. Store leftover bars in an airtight container at room temperature for several days.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:7.83, Inflammation Score:-3, Nutrition Score:6.0156521803659%

## Nutrients (% of daily need)

Calories: 270.44kcal (13.52%), Fat: 12.65g (19.46%), Saturated Fat: 8.05g (50.31%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 35.7g (12.98%), Sugar: 23.88g (26.53%), Cholesterol: 15.89mg (5.3%), Sodium: 176.29mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.03g (6.07%), Manganese: 0.7mg (34.77%), Magnesium: 45.92mg (11.48%), Selenium: 7.91µg (11.3%), Copper: 0.2mg (9.93%), Iron: 1.63mg (9.03%), Phosphorus: 86.21mg (8.62%), Fiber: 2.08g (8.34%), Vitamin B1: 0.12mg (7.78%), Folate: 19.87µg (4.97%), Zinc: 0.71mg (4.73%), Potassium: 141.47mg (4.04%), Vitamin A: 195.3IU (3.91%), Vitamin B2: 0.06mg (3.65%), Vitamin B3: 0.72mg (3.61%), Calcium: 28.87mg (2.89%), Vitamin B5: 0.21mg (2.12%), Vitamin E: 0.32mg (2.11%), Vitamin B6: 0.04mg (1.81%), Vitamin K: 1.55µg (1.48%)