



Chocolate and Caramel Peanut Cookie Bars

READY IN



145 min.

SERVINGS



24

CALORIES



291 kcal

DESSERT

Ingredients

- 17.5 oz basic cookie mix chunk
- 0.3 cup vegetable oil
- 2 tablespoons water
- 1 eggs
- 36 individually wrapped caramels (from 14-oz bag)
- 14 oz condensed milk sweetened canned (not evaporated)
- 0.3 cup creamy peanut butter
- 1.5 cups peanuts

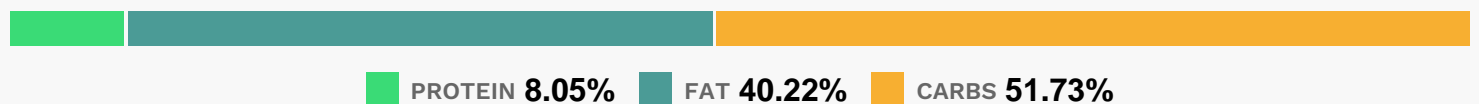
Equipment

- bowl
- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 375°F (350°F for dark or nonstick pans).
- In medium bowl, stir together cookie mix, oil, water and egg until soft dough forms. Press dough in bottom of ungreased 13x9-inch (3-quart) glass baking dish.
- Bake 10 to 15 minutes or until crust is golden brown.
- Meanwhile, in 2-quart saucepan, melt caramels with sweetened condensed milk over medium-low heat, stirring frequently to make sure bottom does not burn.
- Add peanut butter; cook 1 minute, stirring constantly. Stir in 1 cup of the peanuts.
- Pour caramel mixture over baked crust.
- Sprinkle remaining 1/2 cup peanuts evenly over top. Cool 2 hours.
- Cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:13.14, Inflammation Score:-2, Nutrition Score:5.2343478526758%

Nutrients (% of daily need)

Calories: 291.06kcal (14.55%), Fat: 13.25g (20.38%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 36.81g (13.39%), Sugar: 28.85g (32.05%), Cholesterol: 13.49mg (4.5%), Sodium: 95.66mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Manganese: 0.28mg (14.17%), Phosphorus: 107.08mg (10.71%), Vitamin B3: 1.95mg (9.74%), Vitamin B2: 0.14mg (8.17%), Calcium: 79.72mg (7.97%), Magnesium: 28.78mg (7.19%), Folate: 27.49µg (6.87%), Vitamin B1: 0.1mg (6.81%), Fiber: 1.52g (6.08%), Selenium: 4.05µg (5.78%), Potassium: 188.33mg (5.38%), Copper: 0.1mg (5.01%), Vitamin B5: 0.44mg (4.35%), Vitamin K:

4.56µg (4.34%), Vitamin E: 0.55mg (3.64%), Zinc: 0.51mg (3.38%), Vitamin B6: 0.06mg (3.18%), Iron: 0.56mg (3.13%), Vitamin B12: 0.13µg (2.23%), Vitamin A: 60.35IU (1.21%)