



Chocolate-Caramel Bars

READY IN



150 min.

SERVINGS



24

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 0.7 cup butter softened
- ☐ 1 eggs
- ☐ 2 cups oats
- ☐ 14 oz individually wrapped caramels
- ☐ 0.3 cup milk
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup pecans chopped

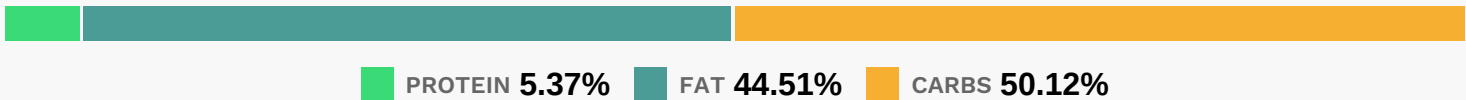
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Generously grease or spray bottom and sides of 13x9-inch pan. In large bowl, beat cake mix, butter and egg with electric mixer on low speed until well mixed.
- ☐ Stir in oats until crumbly (use fingers if necessary). Reserve 1 cup cake mixture. Press remaining mixture in pan (use plastic wrap or waxed paper to press mixture if it is sticky).
- ☐ In heavy 2-quart saucepan, heat caramels and milk over medium-low heat, stirring frequently, until melted.
- ☐ Pour over chocolate layer in pan.
- ☐ Sprinkle with chocolate chips and pecans. Crumble reserved cake mixture into small pieces; sprinkle over top.
- ☐ Bake 24 to 29 minutes or until caramel bubbles along edges and cake mixture on top appears crisp and dry. Run knife around sides of pan to loosen bars. Cool completely, about 1 hour 30 minutes. For bars, cut into 6 rows by 4 rows. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:9.89, Inflammation Score:-3, Nutrition Score:5.3778260764868%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 252.71kcal (12.64%), Fat: 12.99g (19.99%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 31.29g (11.38%), Sugar: 19.39g (21.54%), Cholesterol: 8.51mg (2.84%), Sodium: 252.83mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.2mg (1.74%), Protein: 3.52g (7.05%), Manganese: 0.44mg (21.99%), Phosphorus: 118.84mg (11.88%), Copper: 0.18mg (8.84%), Iron: 1.45mg (8.04%), Selenium: 5.49µg (7.85%), Magnesium: 30.66mg (7.66%), Fiber: 1.63g (6.53%), Vitamin B1: 0.1mg (6.51%), Calcium: 63.29mg (6.33%), Vitamin B2: 0.1mg (5.92%), Vitamin A: 250.2IU (5%), Zinc: 0.7mg (4.66%), Potassium: 158.81mg (4.54%), Folate: 15.41µg (3.85%), Vitamin E: 0.57mg (3.83%), Vitamin B5: 0.28mg (2.76%), Vitamin B3: 0.45mg (2.26%), Vitamin B6: 0.03mg (1.72%), Vitamin B12: 0.09µg (1.55%), Vitamin K: 1.48µg (1.41%)