



## Chocolate Caramel-Cashew Bars

READY IN



95 min.

SERVINGS



16

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter
- 2 oz baker's chocolate chopped
- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 0.3 cup brown sugar packed
- 0.3 teaspoon baking soda
- 1 eggs slightly beaten
- 1 tablespoon milk
- 0.3 cup mrs richardson's butterscotch caramel sauce hot (from 12-oz jar)

- 6 individually wrapped caramels cut into quarters
- 0.3 cup cashew pieces
- 1.6 oz chocolate

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- microwave

## Directions

- Heat oven to 350°F. In small microwavable bowl, microwave butter and bittersweet chocolate uncovered on Medium (50%) 1 minute, stirring after 30 seconds. Microwave 30 seconds longer or until butter and chocolate are melted and can be stirred smooth. Set aside to cool slightly.
- In medium bowl, stir together flour, granulated sugar, brown sugar and baking soda. Stir in egg, milk and cooled chocolate mixture until well blended.
- In ungreased 8-inch square pan, press half of dough.
- Bake 8 minutes.
- Meanwhile, in 1-quart saucepan, cook caramel topping and caramels over medium-low heat, stirring constantly, until caramels are melted.
- Remove pan from oven. Carefully pour caramel mixture over partially baked base to within 1/2 inch of sides of pan.
- Sprinkle with cashews. Crumble remaining dough into small pieces and sprinkle over filling (some of filling will show).
- Bake 12 to 15 minutes longer or just until edges are set (do not overbake).
- In small microwavable bowl, microwave chocolate candy bar pieces uncovered on High 30 seconds or until melted.
- Drizzle chocolate diagonally over baked bars. Cool completely, at least 1 hour. For bars, cut into 4 rows by 4 rows.

# Nutrition Facts

PROTEIN 5.35% FAT 40.74% CARBS 53.91%

## Properties

Glycemic Index:19.74, Glycemic Load:11.39, Inflammation Score:-3, Nutrition Score:3.9656522018106%

## Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

## Nutrients (% of daily need)

Calories: 176.91kcal (8.85%), Fat: 8.47g (13.03%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 24.18g (8.79%), Sugar: 16.83g (18.7%), Cholesterol: 10.6mg (3.54%), Sodium: 90.3mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.65mg (1.55%), Protein: 2.5g (5%), Manganese: 0.27mg (13.26%), Copper: 0.21mg (10.29%), Iron: 1.32mg (7.35%), Selenium: 4.62µg (6.59%), Magnesium: 26.07mg (6.52%), Vitamin B1: 0.08mg (5.63%), Phosphorus: 55.9mg (5.59%), Vitamin B2: 0.08mg (4.51%), Folate: 17.65µg (4.41%), Zinc: 0.65mg (4.34%), Fiber: 1.04g (4.16%), Vitamin A: 190.28IU (3.81%), Vitamin B3: 0.57mg (2.85%), Potassium: 87.24mg (2.49%), Calcium: 21.29mg (2.13%), Vitamin E: 0.25mg (1.63%), Vitamin B5: 0.15mg (1.5%), Vitamin K: 1.54µg (1.46%), Vitamin B6: 0.03mg (1.32%)