



Chocolate-Caramel Cookie Bars

READY IN



135 min.

SERVINGS



15

CALORIES



239 kcal

DESSERT

Ingredients

- 3 oz baker's chocolate white
- 11 oz caramel bits kraft
- 1 Tbsp milk
- 3 oz baker's semi-sweet chocolate
- 35 square shortbread cookies

Equipment

- bowl
- frying pan

aluminum foil

microwave

Directions

Line 13x9-inch pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides; spray with cooking spray. Arrange cookies in single layer on bottom of prepared pan.

Microwave caramel bits and milk in microwaveable bowl on HIGH 1-1/2 to 2 min. or until bits are completely melted and mixture is well blended, stirring after each minute.

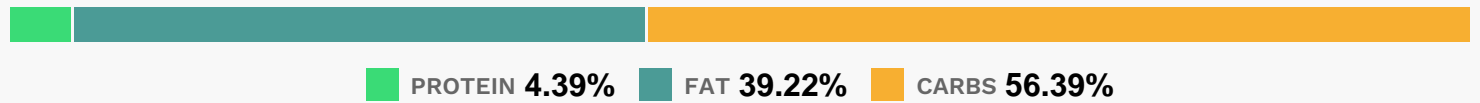
Pour over cookies; spread to completely cover cookies.

Microwave chocolates in microwaveable bowl 2 min. or until almost melted, stirring every 30 sec.; stir until chocolates are completely melted.

Pour over caramel layer; spread to completely cover caramel layer.

Let stand 2 hours before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:20.23, Inflammation Score:-1, Nutrition Score:3.5060869698291%

Nutrients (% of daily need)

Calories: 239.35kcal (11.97%), Fat: 10.6g (16.31%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 33.59g (12.21%), Sugar: 23.12g (25.69%), Cholesterol: 3.11mg (1.04%), Sodium: 122.88mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 2.67g (5.34%), Manganese: 0.16mg (7.89%), Vitamin B2: 0.13mg (7.76%), Vitamin B1: 0.09mg (6.22%), Phosphorus: 61.75mg (6.18%), Iron: 0.96mg (5.32%), Copper: 0.09mg (4.74%), Calcium: 47.14mg (4.71%), Vitamin E: 0.64mg (4.26%), Magnesium: 16.93mg (4.23%), Folate: 16.35µg (4.09%), Vitamin B3: 0.73mg (3.67%), Selenium: 2.28µg (3.26%), Vitamin K: 3.35µg (3.19%), Potassium: 110.78mg (3.17%), Fiber: 0.71g (2.83%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.03mg (1.53%)