



Chocolate Caramel-Corn Candy Cubes

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



1438 kcal

SIDE DISH

Ingredients

- 1 teaspoon butter
- 3 cups caramel corn with peanuts (recommended: cracker jack)
- 15 individually wrapped caramels
- 6 ounce chocolate covered wafer candy bars (recommended: Kit Kat)
- 0.5 cup milk chocolate chips
- 3 teaspoons shortening divided
- 0.5 cup chocolate chips white

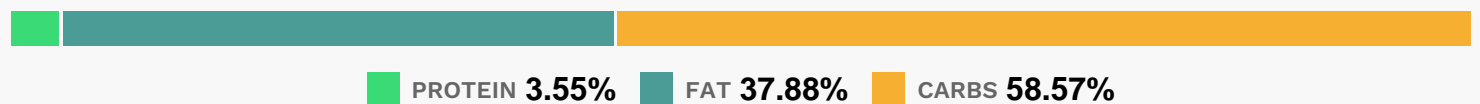
Equipment

- bowl
- baking paper
- pot
- double boiler
- microwave

Directions

- Unwrap candy bars and place face down on waxed or parchment paper; set aside.
- In a microwave-safe bowl, combine caramels with butter.
- Heat in microwave on HIGH heat for about 2 minutes, stirring every 30 seconds until completely melted.
- Combine white chocolate with 1 1/2 teaspoons shortening in a medium bowl and place over a pot of simmering water to form a double boiler. Repeat with chocolate chips and remaining shortening.
- Heat both chocolates until melted and smooth, making sure to stir frequently.
- Remove from heat and set aside.
- Drizzle half the melted caramel over the candy bars. Divide and mound caramel corn on top of each bar.
- Drizzle with half the melted milk chocolate and top with remaining caramel corn.
- Drizzle with remaining melted milk chocolate, white chocolate and remaining melted caramel.
- Place in refrigerator for 20 minutes to set.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:31.48, Inflammation Score:-5, Nutrition Score:21.407825959765%

Nutrients (% of daily need)

Calories: 1437.73kcal (71.89%), Fat: 62.24g (95.75%), Saturated Fat: 27.7g (173.12%), Carbohydrates: 216.54g (72.18%), Net Carbohydrates: 202.63g (73.68%), Sugar: 155.28g (172.53%), Cholesterol: 20.19mg (6.73%), Sodium:

494.34mg (21.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.02mg (11.34%), Protein: 13.11g (26.22%), Manganese: 1.22mg (61.23%), Fiber: 13.91g (55.63%), Copper: 0.98mg (49.12%), Iron: 8.26mg (45.87%), Magnesium: 168.16mg (42.04%), Phosphorus: 360.9mg (36.09%), Vitamin K: 30.06µg (28.63%), Vitamin B3: 4.58mg (22.88%), Calcium: 220.28mg (22.03%), Potassium: 706.64mg (20.19%), Vitamin E: 3.02mg (20.16%), Vitamin B2: 0.32mg (18.66%), Zinc: 2.77mg (18.46%), Selenium: 10.98µg (15.69%), Vitamin B1: 0.18mg (12.23%), Vitamin B5: 0.72mg (7.19%), Vitamin B12: 0.38µg (6.29%), Vitamin B6: 0.1mg (4.98%), Folate: 11.98µg (3%), Vitamin A: 84.52IU (1.69%)