



## Chocolate-Caramel Layer Bars

READY IN



145 min.

SERVINGS



32

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 35 individually wrapped caramels
- ☐ 0.5 cup evaporated milk
- ☐ 1 box chocolate cake mix
- ☐ 1 cup m&m candies

### Equipment

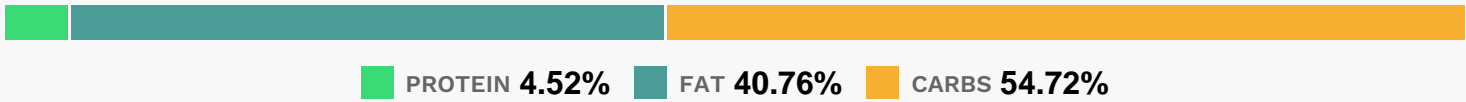
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ knife

## Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Grease 13x9-inch pan, or spray with baking spray with flour.
- ☐ In large bowl, mix cake mix, butter and 1/2 cup of the evaporated milk with spoon until well blended. Using a piece of plastic food wrap, press half of dough (about 1 1/4 cups), in pan; remove wrap.
- ☐ Bake 12 minutes.
- ☐ Meanwhile, in 1-quart saucepan, heat caramels with remaining 1/3 cup evaporated milk over low heat, stirring occasionally, until melted.
- ☐ Remove partially baked crust from oven.
- ☐ Sprinkle 1/2 cup of the candies evenly over crust.
- ☐ Drizzle with caramel mixture to within 1/2 inch of the pan sides. Drop remaining batter by rounded teaspoonfuls over caramel mixture.
- ☐ Sprinkle with remaining 1/2 cup candies; press in lightly with spoon.
- ☐ Bake 20 to 24 minutes longer or until center is set and looks dry and puffy. Cool 10 minutes. Run knife around sides of pan to loosen edges of bars. Cool completely, about 1 1/2 hours.
- ☐ Cut into 8 rows by 4 rows. Store covered.

## Nutrition Facts



## Properties

Glycemic Index:2.03, Glycemic Load:5.47, Inflammation Score:-2, Nutrition Score:2.1117391190289%

## Nutrients (% of daily need)

Calories: 163.01kcal (8.15%), Fat: 7.66g (11.79%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 22.65g (8.24%), Sugar: 16.8g (18.66%), Cholesterol: 2.88mg (0.96%), Sodium: 180.21mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Phosphorus: 57.73mg (5.77%), Calcium: 54.22mg

(5.42%), Iron: 0.71mg (3.95%), Vitamin B2: 0.06mg (3.73%), Vitamin A: 155.84IU (3.12%), Copper: 0.06mg (2.83%), Selenium: 1.96µg (2.8%), Vitamin B1: 0.04mg (2.43%), Potassium: 81.38mg (2.33%), Magnesium: 9.26mg (2.31%), Folate: 9.16µg (2.29%), Vitamin E: 0.32mg (2.11%), Fiber: 0.5g (2%), Manganese: 0.03mg (1.58%), Zinc: 0.19mg (1.24%), Vitamin B3: 0.24mg (1.2%), Vitamin B5: 0.11mg (1.14%)