



 **63%**
HEALTH SCORE

Chocolate-Caramel Nut Bars

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



7084 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar packed
- 1 cup butter softened
- 11 oz caramels kraft
- 2 cups flour
- 0.3 tsp salt
- 12 oz baker's semi-sweet chocolate chunks
- 1 cup planters walnuts chopped
- 0.3 cup whipping cream

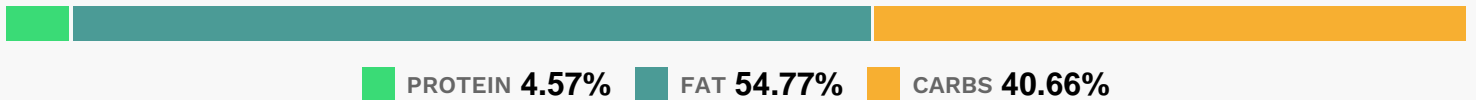
Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 15x10x1-inch pan with foil, with ends of foil extending over sides; spray with cooking spray. Beat butter and sugar in large bowl with mixer until light and fluffy.
- Add flour and salt; beat on low speed until well blended. Press onto bottom of prepared pan.
- Bake 15 min. or until edges of crust are golden brown; sprinkle with chocolate. Cover.
- Let stand 5 min. or until chocolate is melted; spread to evenly cover crust with chocolate. Refrigerate 15 min. or until chocolate layer is firm.
- Microwave caramels and cream in microwaveable bowl on HIGH 2 min. or until caramels begin to melt; stir until caramels are completely melted and mixture is well blended. Gently spread caramel sauce over chocolate layer.
- Sprinkle with nuts; press nuts into caramel layer with back of spoon to secure. Cool completely. Use ends of foil to remove dessert from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:210, Glycemic Load:295.8, Inflammation Score:-10, Nutrition Score:76.749130601468%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg

Nutrients (% of daily need)

Calories: 7084.04kcal (354.2%), Fat: 439.9g (676.77%), Saturated Fat: 220.6g (1378.78%), Carbohydrates: 734.99g (245%), Net Carbohydrates: 693.19g (252.07%), Sugar: 441.45g (490.5%), Cholesterol: 597.53mg (199.18%), Sodium: 2893.22mg (125.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 292.57mg (97.52%), Protein: 82.53g (165.05%), Manganese: 10.31mg (515.69%), Copper: 6.58mg (329.04%), Magnesium: 910.24mg (227.56%), Iron: 37.83mg (210.18%), Phosphorus: 2008.22mg (200.82%), Vitamin B1: 2.81mg (187.65%), Selenium: 130.05µg (185.78%), Fiber: 41.8g (167.22%), Vitamin B2: 2.56mg (150.86%), Folate: 594.92µg (148.73%), Vitamin A: 6871.85IU (137.44%), Zinc: 16.13mg (107.56%), Potassium: 3637.14mg (103.92%), Vitamin B3: 19.64mg (98.19%), Calcium: 978.84mg (97.88%), Vitamin E: 10.22mg (68.16%), Vitamin B6: 1.1mg (55.07%), Vitamin B5: 5.26mg (52.63%), Vitamin K: 51.81µg (49.34%), Vitamin B12: 2.03µg (33.82%), Vitamin D: 0.95µg (6.35%), Vitamin C: 3.13mg (3.79%)