



## Chocolate-Caramel Shortbread Bars

READY IN



33 min.

SERVINGS



10

CALORIES



595 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 1 cup butter softened
- 10 servings chocolate
- 0.5 cup plus light
- 2 cups flour all-purpose
- 1 cup cup heavy whipping cream divided
- 10 servings kosher salt
- 1 cup powdered sugar
- 0.3 teaspoon salt

- 1 cup sugar
- 2 teaspoons vanilla extract divided

## Equipment

- bowl
- oven
- pot
- baking pan
- hand mixer
- aluminum foil
- offset spatula
- candy thermometer

## Directions

- Beat butter in a medium bowl with an electric mixer until creamy. Beat in powdered sugar and 1 teaspoon vanilla extract.
- Combine flour and salt in a medium bowl; gradually beat into butter mixture.
- Press dough into a greased, aluminum foil-lined 9- x 9-inch baking pan.
- Bake at 350 for 23 to 25 minutes. Set aside.
- Combine sugar, 1/2 cup heavy cream, corn syrup, and butter in a 2-quart heavy pot. Cook over medium-low heat, stirring often, until butter melts and sugar dissolves. Increase heat to medium, and bring to a boil. Boil, without stirring, until mixture reaches 238 (just past soft ball stage) on a candy thermometer.
- Combine remaining 1/2 cup cream and remaining 1 teaspoon vanilla extract; carefully pour into sugar mixture. (
- Mixture will bubble.) Boil until mixture returns to 23
- Pour over shortbread crust.
- Let stand at room temperature or refrigerate until caramel is firm.
- Pour Chocolate Ganache over caramel, smoothing with an offset spatula.
- Sprinkle with sea salt.

Let stand in a cool place until chocolate is firm.

Cut into bars.

## Nutrition Facts

**PROTEIN 2.36%** **FAT 54.59%** **CARBS 43.05%**

### Properties

Glycemic Index:30.67, Glycemic Load:30.5, Inflammation Score:-6, Nutrition Score:5.9182608976312%

### Nutrients (% of daily need)

Calories: 595.36kcal (29.77%), Fat: 36.89g (56.76%), Saturated Fat: 23.22g (145.1%), Carbohydrates: 65.47g (21.82%), Net Carbohydrates: 64.74g (23.54%), Sugar: 46.19g (51.32%), Cholesterol: 100.1mg (33.37%), Sodium: 489.04mg (21.26%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 3.59g (7.17%), Vitamin A: 1200.77IU (24.02%), Vitamin B1: 0.21mg (14.2%), Selenium: 9.87µg (14.1%), Folate: 47.75µg (11.94%), Vitamin B2: 0.19mg (11.12%), Manganese: 0.18mg (8.97%), Vitamin B3: 1.52mg (7.58%), Iron: 1.24mg (6.88%), Vitamin E: 1.03mg (6.84%), Phosphorus: 50.49mg (5.05%), Vitamin K: 3.28µg (3.13%), Calcium: 30.65mg (3.07%), Fiber: 0.73g (2.92%), Vitamin D: 0.38µg (2.54%), Zinc: 0.36mg (2.38%), Copper: 0.05mg (2.37%), Magnesium: 9.25mg (2.31%), Vitamin B5: 0.21mg (2.09%), Potassium: 62.48mg (1.79%), Vitamin B12: 0.1µg (1.6%), Vitamin B6: 0.02mg (1.05%)