



Chocolate-Pecan-Caramel Bars

READY IN



65 min.

SERVINGS



12

CALORIES



384 kcal

SIDE DISH

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.8 cup butter
- ☐ 1 cup chocolate morsels dark
- ☐ 12 graham crackers whole
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons whipping cream

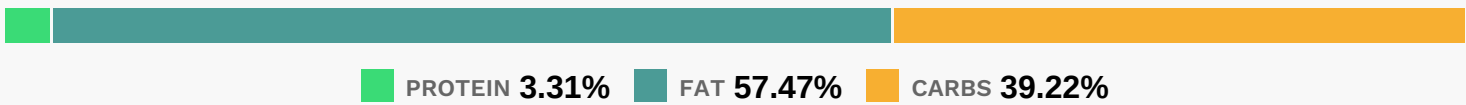
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 10 to 12 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Line a 15- x 10-inch jelly-roll pan with aluminum foil; lightly grease foil. Arrange graham crackers in a single layer in prepared pan, slightly overlapping edges.
- ☐ Combine sugar, butter, and cream in a medium-size heavy saucepan; bring to a boil over medium heat, stirring occasionally.
- ☐ Remove from heat, and stir in vanilla and pecans.
- ☐ Pour butter mixture over crackers, spreading to coat.
- ☐ Bake at 350 for 10 to 11 minutes or until lightly browned and bubbly. Top warm bars with dark chocolate morsels.
- ☐ Let stand 3 minutes, and spread chocolate over bars.
- ☐ Immediately sprinkle with salt, and slide foil from pan onto a wire rack. Cool completely (about 30 minutes). Chill 20 minutes before serving. Break into bars.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:7.59, Inflammation Score:-3, Nutrition Score:5.3786956700294%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 383.98kcal (19.2%), Fat: 25.06g (38.55%), Saturated Fat: 13g (81.23%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 36.56g (13.3%), Sugar: 26.6g (29.56%), Cholesterol: 33.48mg (11.16%), Sodium: 253.82mg (11.04%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 3.25g (6.5%), Manganese: 0.44mg (22.12%), Calcium: 83.21mg (8.32%), Zinc: 1.24mg (8.25%), Vitamin A: 397.88IU (7.96%), Phosphorus: 77.95mg (7.79%), Fiber: 1.92g (7.67%), Copper: 0.15mg (7.49%), Vitamin B1: 0.11mg (7.21%), Magnesium: 26.8mg (6.7%), Iron: 1.14mg (6.32%), Potassium: 187.64mg (5.36%), Vitamin B2: 0.08mg (4.82%), Vitamin E: 0.71mg (4.77%), Vitamin B3: 0.82mg (4.1%), Folate: 12.3µg (3.07%), Vitamin B6: 0.06mg (3.07%), Vitamin K: 2.55µg (2.42%), Vitamin B5: 0.24mg (2.37%), Selenium: 1.56µg (2.23%), Vitamin B12: 0.07µg (1.17%)