



Christmas M&M's™ Caramel Bars

READY IN



120 min.

SERVINGS



32

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups brown sugar packed
- 1.5 cups butter softened
- 1 cup oats
- 1 cup rice cereal crisp
- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon salt
- 35 vanilla pod
- 0.3 cup milk

14 oz m&m candies green red

Equipment

bowl

frying pan

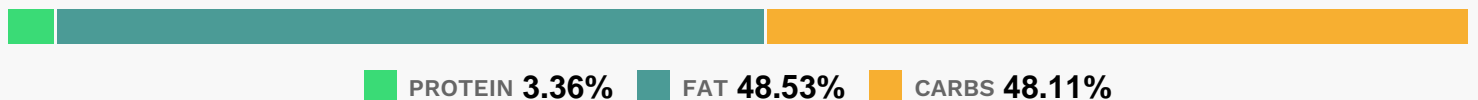
sauce pan

oven

Directions

- Heat oven to 350°F. Spray 13x9-inch pan with nonstick cooking spray. In large bowl, combine brown sugar and butter; beat until smooth. Stir in oats and cereal.
- Add flour, baking soda and salt; mix until well blended. Reserve 3 cups oat mixture for topping. Press remaining mixture in bottom of sprayed pan.
- Bake at 350°F. for 10 minutes.
- Meanwhile, in small saucepan, combine caramels and milk; heat over low heat until caramels are melted and mixture is smooth, stirring constantly.
- Remove partially baked base from oven.
- Sprinkle with 1 cup of the chocolate pieces.
- Drizzle with caramel mixture, being careful not to let caramel touch sides of pan. Drop reserved oat mixture by heaping teaspoonfuls over caramel mixture.
- Sprinkle with remaining chocolate pieces.
- Return to oven; bake an additional 20 to 24 minutes or until center is set and top is golden brown. Cool 1 hour or until completely cooled.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:5.33, Inflammation Score:-2, Nutrition Score:2.5578261030757%

Nutrients (% of daily need)

Calories: 232.19kcal (11.61%), Fat: 12.68g (19.51%), Saturated Fat: 7.35g (45.96%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 27.5g (10%), Sugar: 17.95g (19.94%), Cholesterol: 25.04mg (8.35%), Sodium: 151.5mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Manganese: 0.17mg (8.45%), Vitamin A: 297.81IU (5.96%), Selenium: 3.85µg (5.5%), Vitamin B1: 0.08mg (5.3%), Folate: 16.43µg (4.11%), Iron: 0.73mg (4.03%), Fiber: 0.79g (3.17%), Calcium: 31.06mg (3.11%), Vitamin B2: 0.05mg (2.96%), Phosphorus: 26.26mg (2.63%), Vitamin B3: 0.52mg (2.61%), Magnesium: 10.18mg (2.55%), Vitamin E: 0.27mg (1.81%), Copper: 0.03mg (1.35%), Zinc: 0.17mg (1.1%), Potassium: 38.2mg (1.09%)