



Death by Caramel Bars



Vegetarian



Very Healthy

READY IN



89 min.

SERVINGS



1

CALORIES



10250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 cups firmly brown sugar light packed
- ☐ 12.4 oz chocolate-coated caramel-peanut nougat bars (with snickers) chopped
- ☐ 14 oz dulce de leche canned
- ☐ 3 large eggs lightly beaten
- ☐ 4 cups flour all-purpose
- ☐ 1 cup regular oats uncooked

- ☐ 0.8 teaspoon salt
- ☐ 2 cups butter unsalted melted
- ☐ 1 tablespoon vanilla extract

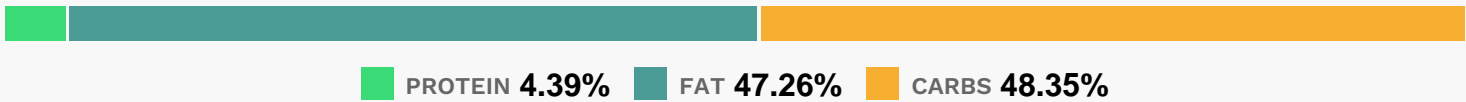
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Combine first 4 ingredients in a large bowl; stir well.
- ☐ Combine flour, oats, baking powder, baking soda, and salt.
- ☐ Add to butter mixture, stirring just until blended. Fold in chopped candy bars.
- ☐ Spoon batter into a greased aluminum foil-lined 13" x 9" pan coated with cooking spray, allowing foil to extend over ends of pan. (Pan will be very full.) Spoon dollops of dulce de leche over batter; swirl slightly into batter with a knife.
- ☐ Bake at 325 for 1 hour and 5 minutes.
- ☐ Remove to a wire rack, and cool completely. (This may take several hours.) Use foil to lift uncut brownies out of pan. Peel foil away from sides of uncut brownies, and cut into bars.
- ☐ *Find dulce de leche with other Mexican ingredients or on the baking aisle.

Nutrition Facts



Properties

Glycemic Index:272, Glycemic Load:324.07, Inflammation Score:-10, Nutrition Score:82.836956355883%

Nutrients (% of daily need)

Calories: 10250.1kcal (512.51%), Fat: 542.8g (835.08%), Saturated Fat: 325.81g (2036.3%), Carbohydrates: 1249.62g (416.54%), Net Carbohydrates: 1189.55g (432.56%), Sugar: 729.29g (810.33%), Cholesterol: 1544.66mg (514.89%), Sodium: 3249.5mg (141.28%), Alcohol: 4.47g (100%), Alcohol %: 0.22% (100%), Caffeine: 281.68mg (93.89%), Protein: 113.34g (226.68%), Manganese: 13.73mg (686.48%), Iron: 76.42mg (424.55%), Selenium: 275.4µg (393.43%), Copper: 7.76mg (387.85%), Vitamin B1: 4.5mg (300.12%), Magnesium: 1113.85mg (278.46%), Folate: 1031.67µg (257.92%), Phosphorus: 2477.68mg (247.77%), Vitamin A: 12292.78IU (245.86%), Fiber: 60.08g (240.3%), Vitamin B2: 3.72mg (218.97%), Vitamin B3: 35.22mg (176.12%), Zinc: 20.67mg (137.78%), Calcium: 1352.51mg (135.25%), Potassium: 4560.2mg (130.29%), Vitamin E: 14.83mg (98.84%), Vitamin B5: 8.24mg (82.45%), Vitamin D: 9.81µg (65.4%), Vitamin K: 61.06µg (58.15%), Vitamin B12: 3.09µg (51.54%), Vitamin B6: 0.98mg (48.87%)