



Double-Chocolate and Caramel Bars (Cookie Exchange Quantity)

READY IN



185 min.

SERVINGS



72

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.7 cup cocoa powder
- ☐ 1 eggs beaten
- ☐ 1.5 cups butter firm
- ☐ 1.5 cups walnut pieces chopped
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 48 individually wrapped caramels

- ☐ 28 oz condensed milk sweetened canned
- ☐ 6 oz semi chocolate chips (1 cup)
- ☐ 1 teaspoon vegetable oil

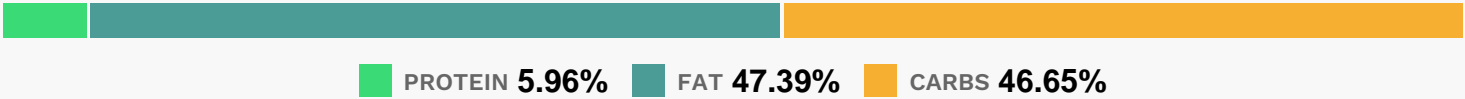
Equipment

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

Directions

- ☐ Heat oven to 350°F. Line 15x10x1-inch pan with foil, leaving about 2 inches of foil hanging over sides of pan.
- ☐ In large bowl, stir together flour, brown sugar, cocoa and egg.
- ☐ Cut in 1 1/4 cups of the butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Stir in walnuts; reserve 3 cups of the crumb mixture. Press remaining mixture firmly in bottom of pan; sprinkle with 2 cups chocolate chips.
- ☐ Bake 15 minutes.
- ☐ Meanwhile, in heavy 2-quart saucepan, melt caramels with sweetened condensed milk and remaining 1/4 cup butter over low heat, stirring constantly.
- ☐ Pour over crust. Top with reserved crumb mixture.
- ☐ Bake about 20 minutes longer or until bubbly. Cool completely, about 2 hours.
- ☐ In small microwavable bowl, microwave 1 cup chocolate chips and the shortening uncovered on High 1 to 3 minutes, stirring halfway through heating time, until melted and thin enough to drizzle.
- ☐ Drizzle over bars. For bars, cut into 12 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:3.07, Glycemic Load:9.9, Inflammation Score:-3, Nutrition Score:4.0173913104379%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 182.74kcal (9.14%), Fat: 9.89g (15.22%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 20.75g (7.54%), Sugar: 15.28g (16.98%), Cholesterol: 6.91mg (2.3%), Sodium: 77.47mg (3.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.93mg (2.64%), Protein: 2.8g (5.6%), Manganese: 0.25mg (12.31%), Copper: 0.17mg (8.46%), Phosphorus: 76.21mg (7.62%), Selenium: 4.56µg (6.52%), Magnesium: 25.87mg (6.47%), Vitamin B2: 0.1mg (6.01%), Calcium: 52.76mg (5.28%), Iron: 0.93mg (5.16%), Fiber: 1.17g (4.66%), Vitamin B1: 0.07mg (4.64%), Vitamin A: 208.73IU (4.17%), Potassium: 129.66mg (3.7%), Folate: 14.01µg (3.5%), Zinc: 0.5mg (3.3%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.27mg (1.79%), Vitamin B12: 0.09µg (1.52%), Vitamin B6: 0.03mg (1.52%)