



Double-Chocolate Candy Cashew Bars

READY IN



165 min.

SERVINGS



36

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 oz sugar cookie dough refrigerated chunk
- ☐ 1 cup peppermint candies white
- ☐ 1.5 cups cashew pieces
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup m&m candies (from 12-oz bag)

Equipment

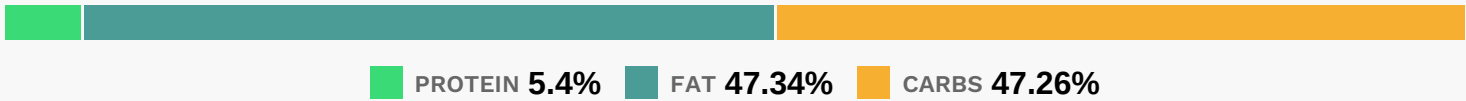
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- ☐ Cut cookie dough into 1/2-inch slices. Arrange slices in bottom of pan. Press dough evenly to form crust.
- ☐ Bake 10 to 15 minutes or until light golden brown.
- ☐ Sprinkle white M&M's™ minis chocolate candies and cashews over warm crust. In small bowl, mix caramel topping and flour until smooth; drizzle over baking chips and cashews.
- ☐ Sprinkle with milk chocolate baking bits; press lightly.
- ☐ Bake 15 to 20 minutes or until topping is bubbly. Cool completely, 1 hour 30 minutes to 2 hours, before cutting. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:2.2552173756387%

Nutrients (% of daily need)

Calories: 149.25kcal (7.46%), Fat: 8.07g (12.41%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 17.73g (6.45%), Sugar: 12.82g (14.25%), Cholesterol: 1.99mg (0.66%), Sodium: 58.64mg (2.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Manganese: 0.14mg (6.78%), Copper: 0.12mg (6.18%), Phosphorus: 57.28mg (5.73%), Magnesium: 16.89mg (4.22%), Iron: 0.67mg (3.7%), Vitamin B1: 0.05mg (3.56%), Vitamin K: 3.08µg (2.93%), Folate: 10.72µg (2.68%), Selenium: 1.62µg (2.31%), Zinc: 0.35mg (2.31%), Vitamin B3: 0.41mg (2.06%), Calcium: 17.9mg (1.79%), Potassium: 58.61mg (1.67%), Fiber: 0.39g (1.55%), Vitamin B2: 0.02mg (1.26%), Vitamin B6: 0.03mg (1.26%)