



Dulce de Leche Bars

READY IN



95 min.

SERVINGS



32

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups rolled oats
- ☐ 1 cup brown sugar packed
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter softened
- ☐ 13.4 oz dulce de leche canned
- ☐ 1 cup toffee chips

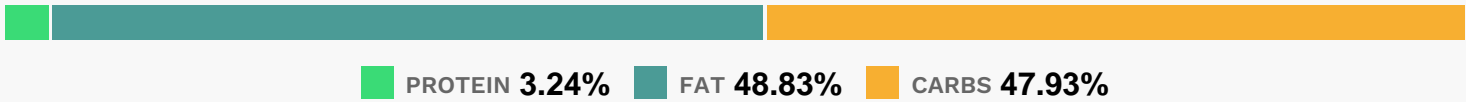
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ Heat oven to 350°F. In large bowl, mix flour, oats, brown sugar and salt. With pastry blender or fork, cut in butter until mixture is crumbly. Press 3/4 of mixture in ungreased 13x9-inch pan.
- ☐ Bake 10 minutes. Meanwhile, in 1-quart saucepan, heat dulce de leche over low heat 2 to 4 minutes, stirring frequently, until slightly softened.
- ☐ Spread dulce de leche over partially baked crust.
- ☐ Sprinkle evenly with toffee bits and remaining crumb mixture.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool 15 minutes.
- ☐ Run knife around sides of pan to loosen bars. Cool completely, about 30 minutes. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:6.55, Inflammation Score:-3, Nutrition Score:2.211304369504%

Nutrients (% of daily need)

Calories: 154.26kcal (7.71%), Fat: 8.44g (12.98%), Saturated Fat: 2.76g (17.23%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 18.1g (6.58%), Sugar: 11.41g (12.68%), Cholesterol: 7.69mg (2.56%), Sodium: 97.31mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Manganese: 0.18mg (9.13%), Vitamin A: 338.92IU (6.78%), Selenium: 3.23µg (4.61%), Vitamin B1: 0.06mg (4.32%), Folate: 12.23µg (3.06%), Iron: 0.48mg (2.69%), Phosphorus: 26.18mg (2.62%), Vitamin B2: 0.04mg (2.5%), Fiber: 0.54g (2.17%), Vitamin E: 0.31mg (2.06%), Vitamin B3: 0.4mg (2%), Magnesium: 7.66mg (1.92%), Copper: 0.03mg (1.34%), Calcium: 13.21mg (1.32%), Zinc: 0.19mg (1.27%), Potassium: 35.93mg (1.03%)