



## Espresso Caramel Bars

READY IN



172 min.

SERVINGS



8

CALORIES



823 kcal

BEVERAGE

DRINK

### Ingredients

- 6 ounces cinnamon graham crackers whole crumbled
- 0.5 cup heavy cream
- 1.8 teaspoons espresso powder instant
- 1.5 cups brown sugar light
- 1 teaspoon sea salt smoked
- 12 ounces semi chocolate chips
- 0.3 cup sugar
- 4 ounces butter unsalted at room temperature
- 6 ounces butter unsalted melted

- 1 tablespoon water

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- spatula
- springform pan
- candy thermometer

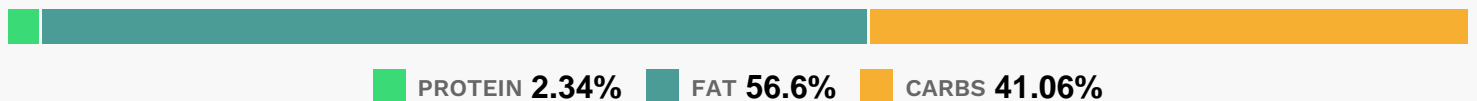
## Directions

- Watch how to make this recipe.
- Special equipment: a candy thermometer
- Position an oven rack in the middle of the oven. Preheat the oven to 350 degrees F. Line the bottom of a 9-inch round springform pan with parchment or waxed paper. Spray the paper and the sides of the pan with cooking spray. In the bowl of a food processor, combine the graham crackers and sugar. Process until the mixture resembles fine bread crumbs.
- Add the melted butter and blend until the mixture forms into clumps.
- Spread the mixture into the bottom of the prepared pan, pressing gently to form an even layer.
- Place the pan on a baking sheet and bake for 10 to 12 minutes until the crust is golden. Cool for 15 minutes.
- While the crust is cooling, in a medium heavy-bottomed saucepan, combine 1/2 cup of cream, butter, sugar, and water. Stir over medium heat until the mixture is smooth. Bring the mixture to a boil and cook, without stirring, until a candy thermometer registers 240 degrees F, about 5 to 7 minutes. Carefully pour the caramel over the warm crust. Cool for 20 minutes. Freeze

until firm, about 10 minutes.

- Combine the chocolate chips and cream in a small bowl and place over a pan of simmering water. Stir until the chocolate has melted and the mixture is smooth, about 3 minutes.
- Whisk in the espresso powder.
- Remove the springform pan from the freezer.
- Pour the chocolate mixture over the caramel layer and smooth with a spatula.
- Sprinkle the top with smoked sea salt, if using. Refrigerate for at least 1 hour until firm.
- Allow the layers to come to room temperature, about 30 minutes. Using a warm, slightly wet knife, carefully cut around the edges of the chocolate layer. Release the side of the pan and remove the paper from the bottom.
- Cut into 1 1/2-by-1/2-inch bars and store airtight in a covered plastic container.

## Nutrition Facts



## Properties

Glycemic Index:18.01, Glycemic Load:15.82, Inflammation Score:-7, Nutrition Score:10.656956428419%

## Nutrients (% of daily need)

Calories: 822.61kcal (41.13%), Fat: 52.55g (80.85%), Saturated Fat: 31.33g (195.78%), Carbohydrates: 85.79g (28.6%), Net Carbohydrates: 81.67g (29.7%), Sugar: 67.21g (74.67%), Cholesterol: 95.55mg (31.85%), Sodium: 454.76mg (19.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 43.44mg (14.48%), Protein: 4.89g (9.78%), Manganese: 0.6mg (29.81%), Copper: 0.56mg (28.25%), Magnesium: 93.59mg (23.4%), Vitamin A: 1125.49IU (22.51%), Iron: 3.9mg (21.64%), Phosphorus: 172.96mg (17.3%), Fiber: 4.12g (16.5%), Zinc: 1.62mg (10.81%), Potassium: 364.17mg (10.4%), Calcium: 96.33mg (9.63%), Vitamin E: 1.21mg (8.07%), Selenium: 4.93µg (7.05%), Vitamin B2: 0.11mg (6.66%), Vitamin B3: 1.29mg (6.46%), Vitamin K: 6.02µg (5.74%), Vitamin D: 0.77µg (5.13%), Vitamin B1: 0.07mg (4.46%), Folate: 11.85µg (2.96%), Vitamin B6: 0.06mg (2.95%), Vitamin B12: 0.16µg (2.68%), Vitamin B5: 0.26mg (2.59%)