



Famous Caramel Cookie Bars

READY IN



180 min.

SERVINGS



40

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 35 individually wrapped caramels
- ☐ 4 cups milk chocolate chips
- ☐ 40 shortbread cookies rectangular
- ☐ 0.3 cup water

Equipment

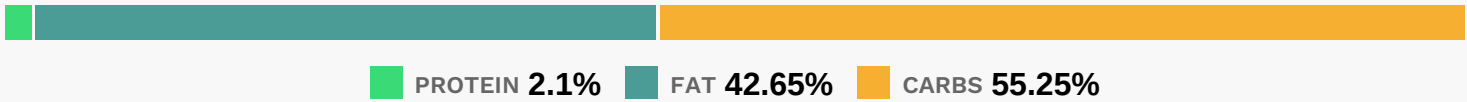
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

☐ double boiler

Directions

- ☐ Place shortbread cookies on a baking sheet or tray. In a small saucepan over medium-low heat, melt caramels in water, stirring frequently. Spoon a thin line of caramel over each cookie.
- ☐ Place cookies in refrigerator until caramel is set.
- ☐ Line baking sheets or trays with waxed paper. In a double boiler over simmering water, melt chocolate. Dip cookies in chocolate one at a time, tapping against the side of the bowl to remove excess.
- ☐ Place on prepared sheets and let rest at room temperature several hours, until set.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:8.38, Inflammation Score:-1, Nutrition Score:1.2660869687148%

Nutrients (% of daily need)

Calories: 174.82kcal (8.74%), Fat: 8.47g (13.03%), Saturated Fat: 4.24g (26.51%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 24.56g (8.93%), Sugar: 18.18g (20.2%), Cholesterol: 0.61mg (0.2%), Sodium: 56.81mg (2.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin B2: 0.05mg (3.16%), Vitamin B1: 0.04mg (2.95%), Calcium: 26.28mg (2.63%), Potassium: 78.95mg (2.26%), Manganese: 0.04mg (2.19%), Folate: 8.45µg (2.11%), Vitamin E: 0.28mg (1.89%), Iron: 0.31mg (1.72%), Vitamin B3: 0.34mg (1.7%), Phosphorus: 16.58mg (1.66%), Vitamin K: 1.26µg (1.2%), Selenium: 0.78µg (1.11%)