



Famous Peanut Caramel Candy Bars

 **Gluten Free**

READY IN



100 min.

SERVINGS



24

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 35 individually wrapped caramels
- 3 cups confectioners' sugar
- 0.3 cup plus light
- 1 cup dry-roasted peanuts
- 2 cups milk chocolate chips
- 0.1 cup peanut butter
- 1 pinch salt

1 tablespoon vanilla extract

Equipment

frying pan

sauce pan

blender

Directions

In a mixer, beat corn syrup, butter, vanilla, peanut butter and salt until smooth. Beat in confectioners' sugar a little at a time until fully incorporated and mixture forms a thick dough. Press into a 9x9 inch pan. Chill in refrigerator.

In a medium saucepan over low heat, melt caramels. Stir in peanuts.

Pour over chilled layer and return to refrigerator until firm, 15 to 30 minutes.

In a small saucepan over low heat, melt chocolate chips.

Cut chilled mixture into bars and dip in melted chocolate with a fork.

Let cool on waxed paper at room temperature, or for 30 minutes in the refrigerator.

Nutrition Facts



PROTEIN 4.11% FAT 34.72% CARBS 61.17%

Properties

Glycemic Index:6.17, Glycemic Load:7.85, Inflammation Score:-1, Nutrition Score:2.3082608441296%

Nutrients (% of daily need)

Calories: 252.28kcal (12.61%), Fat: 10.09g (15.52%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 39.4g (14.33%), Sugar: 35.73g (39.7%), Cholesterol: 3.53mg (1.18%), Sodium: 79.5mg (3.46%), Alcohol: 0.19g (100%), Alcohol %: 0.41% (100%), Protein: 2.69g (5.37%), Manganese: 0.17mg (8.32%), Vitamin B3: 1.11mg (5.56%), Phosphorus: 45.04mg (4.5%), Calcium: 38.53mg (3.85%), Magnesium: 15.09mg (3.77%), Potassium: 130.27mg (3.72%), Vitamin B2: 0.05mg (2.87%), Vitamin B1: 0.04mg (2.56%), Copper: 0.05mg (2.5%), Fiber: 0.61g (2.42%), Folate: 9.44µg (2.36%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.24mg (1.59%), Vitamin B6: 0.03mg (1.49%), Vitamin E: 0.22mg (1.44%), Selenium: 0.9µg (1.29%), Iron: 0.19mg (1.07%)