



## Favorite Chocolate-Caramel-Nut Bars

READY IN



48 min.

SERVINGS



48

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter melted
- 11 oz caramels kraft
- 5 oz evaporated milk divided canned ( )
- 1 pkg german chocolate cake mix (2-layer size)
- 4 oz baker's semi-sweet chocolate divided chopped
- 1.5 cups planters walnuts divided chopped

### Equipment

- frying pan

sauce pan

oven

## Directions

Heat oven to 350F.

Cook caramels and 1/3 cup milk in saucepan on low heat 5 to 7 min. or until caramels are completely melted and mixture is well blended, stirring frequently.

Remove from heat.

Combine cake mix, butter and remaining milk; press half onto bottom of 13x9-inch pan sprayed with cooking spray.

Bake 10 min.

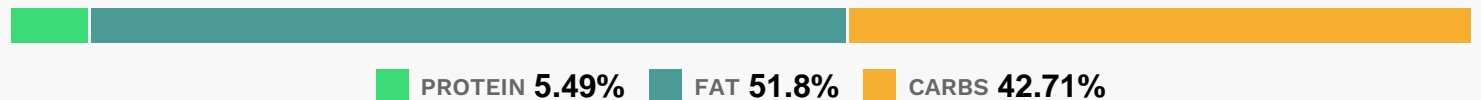
Sprinkle with 1 cup nuts and 1/2 cup chopped chocolate.

Drizzle with caramel sauce; carefully spread to edges of pan. Top with teaspoonfuls of the remaining cake mix mixture; press gently into caramel sauce with back of spoon.

Sprinkle with remaining nuts and chocolate.

Bake 18 min. or until lightly browned. Cool completely before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:1.77, Glycemic Load:3.3, Inflammation Score:-2, Nutrition Score:2.5117391498516%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 121.92kcal (6.1%), Fat: 7.35g (11.3%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 12.98g (4.72%), Sugar: 8.96g (9.96%), Cholesterol: 1.45mg (0.48%), Sodium: 115.9mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.02mg (1.01%), Protein: 1.75g (3.51%), Manganese: 0.18mg (8.85%), Copper: 0.13mg (6.26%), Phosphorus: 57.04mg (5.7%), Magnesium: 16.05mg (4.01%), Iron: 0.68mg (3.75%), Calcium: 35.93mg (3.59%), Vitamin B2: 0.05mg (2.82%), Fiber: 0.65g (2.6%), Vitamin B1: 0.04mg (2.46%), Folate: 9.68µg (2.42%), Selenium: 1.68µg (2.4%), Potassium: 83.06mg (2.37%), Zinc: 0.3mg (1.99%), Vitamin A: 96.55IU (1.93%), Vitamin E: 0.25mg (1.65%), Vitamin B6: 0.03mg (1.46%), Vitamin B3: 0.22mg (1.1%), Vitamin B5:

0.1mg (1.01%)