



## Fully Loaded Bars

READY IN



110 min.

SERVINGS



36

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.8 cup butter softened
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup oats
- ☐ 14 oz individually wrapped caramels
- ☐ 1 cup bittersweet chocolate
- ☐ 1 cup nuts mixed coarsely chopped
- ☐ 0.3 cup pretzel twists

☐ 0.3 cup frangelico

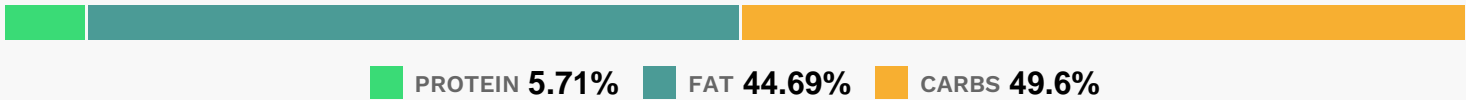
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (if using dark or nonstick pan, heat oven to 325°F). Grease 13x9-inch pan with shortening or spray with cooking spray.
- ☐ In large bowl, beat brown sugar, butter and egg with electric mixer on medium speed, or mix with spoon. Stir in flour and oats.
- ☐ Spread in pan.
- ☐ Bake 15 to 20 minutes or until light golden brown.
- ☐ Meanwhile, in 1-quart saucepan, heat caramels and half-and-half over low heat, stirring occasionally, until caramels are melted.
- ☐ Pour caramel mixture over crust.
- ☐ Sprinkle with chocolate chunks, nuts and pretzels.
- ☐ Bake 5 to 8 minutes or until chocolate is softened. Cool about 1 hour or until chocolate is set. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:8.82, Glycemic Load:9.64, Inflammation Score:-3, Nutrition Score:3.6399999727374%

Nutrients (% of daily need)

Calories: 175.64kcal (8.78%), Fat: 8.95g (13.77%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 21.24g (7.72%), Sugar: 13.51g (15.01%), Cholesterol: 5.61mg (1.87%), Sodium: 79.42mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.18mg (1.39%), Protein: 2.57g (5.15%), Manganese: 0.28mg (14.07%), Magnesium: 27.44mg (6.86%), Copper: 0.13mg (6.66%), Phosphorus: 62.62mg (6.26%), Selenium: 3.58µg (5.12%), Vitamin B1: 0.08mg (5.08%), Iron: 0.88mg (4.91%), Fiber: 1.11g (4.45%), Vitamin B2: 0.08mg (4.43%), Vitamin A: 183.42IU (3.67%), Folate: 13.89µg (3.47%), Zinc: 0.46mg (3.05%), Vitamin B3: 0.59mg (2.97%), Calcium: 28.85mg (2.89%), Potassium: 99.1mg (2.83%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.44%)