



Gingerbread-Caramel Bars

READY IN



105 min.

SERVINGS



45

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate white divided coarsely chopped
- 0.5 cup butter melted
- 35 caramels kraft
- 1 eggs
- 5 oz evaporated milk canned
- 2 tsp ground ginger
- 1 pkg spice cake mix (2-layer size)

Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray. Beat cake mix, ginger, butter and egg with mixer until blended. (Dough will be stiff.) Press 2/3 of the dough onto bottom of prepared pan.
- Bake 10 to 12 min. or until lightly browned. Meanwhile, microwave caramels and milk in microwaveable bowl on HIGH 3 to 3-1/2 min. or until caramels are completely melted and sauce is well blended, stirring after each minute.
- Drizzle caramel sauce over baked layer in pan. Reserve 2 Tbsp. chopped chocolate; sprinkle remaining over caramel sauce. Crumble remaining gingerbread dough over dessert.
- Bake 25 to 30 min. or until center is almost set. Cool completely.
- Microwave reserved chocolate in microwaveable bowl on HIGH 30 sec. to 1 min. or until completely melted, stirring every 30 sec.; drizzle over dessert.
- Let stand until chocolate is firm. Use foil handles to lift dessert from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:1.8526086859081%

Nutrients (% of daily need)

Calories: 117.5kcal (5.88%), Fat: 5.4g (8.31%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 16.22g (5.9%), Sugar: 12.26g (13.62%), Cholesterol: 11.05mg (3.68%), Sodium: 117.77mg (5.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Phosphorus: 48.34mg (4.83%), Manganese: 0.09mg (4.6%), Vitamin B2: 0.07mg (4.12%), Calcium: 36.01mg (3.6%), Vitamin B1: 0.05mg (3.38%), Iron: 0.6mg (3.31%), Potassium: 75.58mg (2.16%), Folate: 7.14µg (1.79%), Vitamin B3: 0.34mg (1.69%), Copper: 0.03mg (1.64%), Vitamin A: 80.23IU (1.6%), Selenium: 0.94µg (1.34%), Vitamin B5: 0.13mg (1.29%), Magnesium: 5.13mg (1.28%), Vitamin K: 1.3µg (1.24%), Vitamin E: 0.16mg (1.05%)