



Gluten-Free Chocolate Chip Turtle Bars

READY IN



120 min.

SERVINGS



24

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 30 individually wrapped caramels
- ☐ 1 container chocolate chip cookie mix gluten free refrigerated pillsbury®
- ☐ 0.3 cup pecans chopped
- ☐ 1.5 cups semi chocolate chips
- ☐ 0.3 cup whipping cream

Equipment

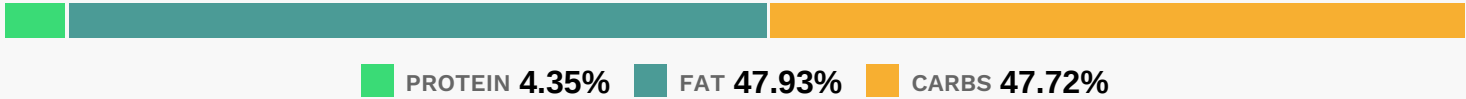
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Spoon cookie dough in greased or sprayed 9-inch square pan; press evenly in bottom of pan.
- ☐ Sprinkle with 3/4 cup pecans; gently press pecans into dough.
- ☐ Bake 15 minutes. Cool 30 minutes.
- ☐ Meanwhile, in medium microwavable bowl, microwave Filling ingredients uncovered on High 2 to 3 minutes, stirring twice, until caramels are melted. Stir until smooth.
- ☐ Spread over cooled base. Refrigerate 15 minutes.
- ☐ In another medium microwavable bowl, microwave chocolate chips and 1/4 cup plus 3 tablespoons whipping cream uncovered on High 1 to 2 minutes, stirring every 30 seconds, until chocolate is smooth.
- ☐ Pour over filling.
- ☐ Sprinkle with 1/4 cup pecans. Refrigerate until set, 1 to 2 hours. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.15, Glycemic Load:6.27, Inflammation Score:-1, Nutrition Score:2.5413043213927%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 129.37kcal (6.47%), Fat: 7.04g (10.84%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 14.77g (5.37%), Sugar: 12.45g (13.83%), Cholesterol: 4.35mg (1.45%), Sodium: 32.57mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 1.44g (2.88%), Manganese: 0.2mg (10.08%), Copper: 0.16mg (7.83%), Magnesium: 23.49mg (5.87%), Phosphorus: 48.1mg (4.81%), Iron: 0.76mg (4.22%), Fiber: 1.01g (4.04%), Potassium: 97.62mg (2.79%), Zinc: 0.41mg (2.74%), Calcium: 26.66mg (2.67%), Vitamin B2: 0.04mg (2.57%), Selenium: 1.29µg (1.84%), Vitamin B1: 0.02mg (1.64%), Vitamin B5: 0.13mg (1.27%), Vitamin K: 1.15µg (1.1%), Vitamin E: 0.16mg (1.08%), Vitamin B12: 0.06µg (1.03%)