



Gluten-Free Turtle Bars

READY IN



210 min.

SERVINGS



48

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 19 oz chocolate chip cookie mix gluten free
- 1 serving basic cookie mix for on cookie mix box
- 1 cup pecans chopped
- 40 individually wrapped caramels
- 0.3 cup whipping cream
- 0.3 cup pecans chopped
- 12 oz semi chocolate chips (2 cups)
- 0.3 cup whipping cream
- 0.3 cup pecans chopped

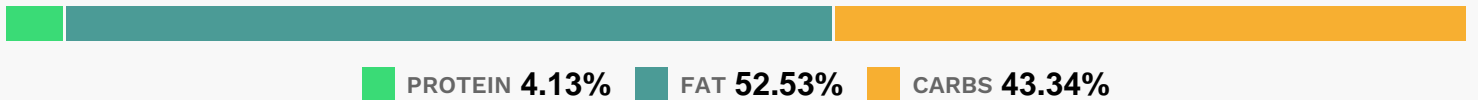
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Heat oven to 350°F. Make cookie mix as directed on box, using butter, vanilla and egg. Stir in 1 cup pecans. In ungreased 13x9-inch pan, press dough evenly.
- Bake 18 to 20 minutes or until light golden brown. Cool about 30 minutes.
- In medium microwavable bowl, microwave caramels and 1/3 cup whipping cream uncovered on High 2 to 4 minutes, stirring twice, until caramels are melted. Stir in 1/3 cup pecans.
- Spread over cooled based. Refrigerate 15 minutes.
- In another medium microwavable bowl, microwave chocolate chips and 1/3 cup 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 2 hours or until set.
- To serve, let stand at room temperature 10 minutes before cutting.
- Cut into 8 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.99, Glycemic Load:7.73, Inflammation Score:-1, Nutrition Score:2.8560869648405%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin:

0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 165.49kcal (8.27%), Fat: 9.88g (15.2%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 17.11g (6.22%), Sugar: 11.94g (13.27%), Cholesterol: 5.64mg (1.88%), Sodium: 62.33mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.75g (3.49%), Manganese: 0.26mg (12.83%), Copper: 0.13mg (6.67%), Magnesium: 22.18mg (5.54%), Fiber: 1.23g (4.91%), Vitamin B1: 0.07mg (4.82%), Phosphorus: 45.3mg (4.53%), Iron: 0.69mg (3.83%), Vitamin B2: 0.06mg (3.29%), Zinc: 0.45mg (3.01%), Potassium: 96.33mg (2.75%), Folate: 8.78µg (2.19%), Calcium: 20.59mg (2.06%), Vitamin B3: 0.34mg (1.7%), Selenium: 0.98µg (1.4%), Vitamin A: 57.65IU (1.15%), Vitamin B5: 0.11mg (1.12%), Vitamin E: 0.16mg (1.07%)