



## Goopy Caramel-Chocolate Bars

READY IN



180 min.

SERVINGS



48

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 box chocolate cake mix
- 0.5 cup butter softened
- 3 eggs
- 1 cup semi chocolate chips
- 14 oz individually wrapped caramels
- 0.3 cup butter
- 14 oz condensed milk sweetened canned (not evaporated)
- 0.5 cup duncan hines classic decadent cake mix
- 0.5 cup oats

- 3 tablespoons butter softened

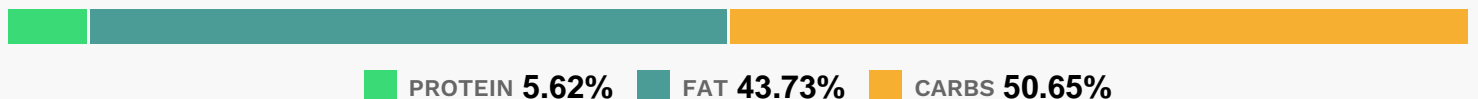
## Equipment

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

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Reserve 1/2 cup cake mix for topping. In large bowl, beat remaining cake mix, 1/2 cup butter and the eggs with electric mixer on medium speed until dough forms. Stir in chocolate chips.
- Spread in ungreased 13x9-inch pan.
- Bake 14 to 18 minutes or until set.
- Meanwhile, in 2-quart saucepan, heat caramels, 1/4 cup butter and the condensed milk over medium heat about 8 minutes, stirring frequently, until caramels are melted and mixture is smooth.
- Spread caramel filling evenly over partially baked crust. In small bowl, mix reserved 1/2 cup cake mix, the oats and 3 tablespoons butter with fork until crumbly.
- Sprinkle over caramel filling.
- Bake 18 to 22 minutes longer or until top is set. Cool completely, about 2 hours. Run knife around sides of pan to loosen bars. For bars, cut into 8 rows by 6 rows. Store covered.

## Nutrition Facts



## Properties

Glycemic Index:3.98, Glycemic Load:7.2, Inflammation Score:-2, Nutrition Score:3.06999999993262%

## Nutrients (% of daily need)

Calories: 162.92kcal (8.15%), Fat: 8.17g (12.56%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 20.67g (7.52%), Sugar: 15.4g (17.12%), Cholesterol: 13.85mg (4.62%), Sodium: 161.62mg (7.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.22mg (1.4%), Protein: 2.36g (4.72%), Phosphorus: 79.89mg (7.99%), Selenium: 4.07µg (5.81%), Calcium: 57.34mg (5.73%), Manganese: 0.11mg (5.57%), Vitamin B2: 0.09mg (5.31%), Copper: 0.09mg (4.59%), Iron: 0.79mg (4.37%), Magnesium: 17.3mg (4.32%), Vitamin A: 200.72IU (4.01%), Potassium: 108.96mg (3.11%), Vitamin B1: 0.04mg (2.79%), Fiber: 0.61g (2.45%), Vitamin E: 0.36mg (2.39%), Zinc: 0.35mg (2.37%), Folate: 9.5µg (2.37%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.1µg (1.61%), Vitamin B3: 0.25mg (1.26%)