



## Holiday Caramel Candy Bars

READY IN



120 min.

SERVINGS



32

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 1.5 cups butter softened
- 14 oz m&m candies green red
- 1 cup rice cereal crisp
- 2 cups flour all-purpose gold medal®
- 0.3 cup milk
- 1 cup oats
- 0.5 teaspoon salt

35 vanilla pod

## Equipment

bowl

frying pan

sauce pan

oven

## Directions

Heat oven to 350°F. Spray 13x9-inch pan with nonstick cooking spray. In large bowl, combine brown sugar and butter; beat until smooth. Stir in oats and cereal.

Add flour, baking soda and salt; mix until well blended. Reserve 3 cups oat mixture for topping. Press remaining mixture in bottom of sprayed pan.

Bake at 350°F. for 10 minutes.

Meanwhile, in small saucepan, combine caramels and milk; heat over low heat until caramels are melted and mixture is smooth, stirring constantly.

Remove partially baked base from oven.

Sprinkle with 1 cup of the chocolate pieces.

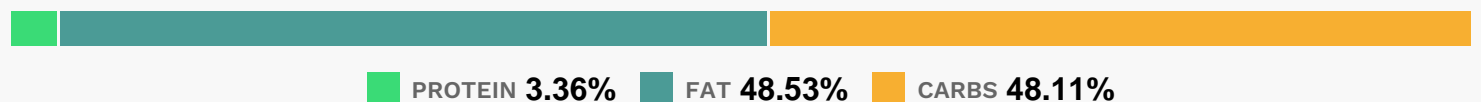
Drizzle with caramel mixture, being careful not to let caramel touch sides of pan. Drop reserved oat mixture by heaping teaspoonfuls over caramel mixture.

Sprinkle with remaining chocolate pieces.

Return to oven; bake an additional 20 to 24 minutes or until center is set and top is golden brown. Cool 1 hour or until completely cooled.

Cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:5.33, Inflammation Score:-2, Nutrition Score:2.5578261030757%

## Nutrients (% of daily need)

Calories: 232.19kcal (11.61%), Fat: 12.68g (19.51%), Saturated Fat: 7.35g (45.96%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 27.5g (10%), Sugar: 17.95g (19.94%), Cholesterol: 25.04mg (8.35%), Sodium: 151.5mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Manganese: 0.17mg (8.45%), Vitamin A: 297.81IU (5.96%), Selenium: 3.85µg (5.5%), Vitamin B1: 0.08mg (5.3%), Folate: 16.43µg (4.11%), Iron: 0.73mg (4.03%), Fiber: 0.79g (3.17%), Calcium: 31.06mg (3.11%), Vitamin B2: 0.05mg (2.96%), Phosphorus: 26.26mg (2.63%), Vitamin B3: 0.52mg (2.61%), Magnesium: 10.18mg (2.55%), Vitamin E: 0.27mg (1.81%), Copper: 0.03mg (1.35%), Zinc: 0.17mg (1.1%), Potassium: 38.2mg (1.09%)