



Honey Caramel Nut Bars

READY IN



45 min.

SERVINGS



32

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups flour
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup honey
- ☐ 0.8 cup pecan halves
- ☐ 32 servings shortbread crust
- ☐ 1 T nu topping
- ☐ 0.8 cup pistachios salted
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup cashew pieces salted
- ☐ 0.3 cup sugar
- ☐ 1 cup butter unsalted cold cubed
- ☐ 0.8 cup almonds whole toasted

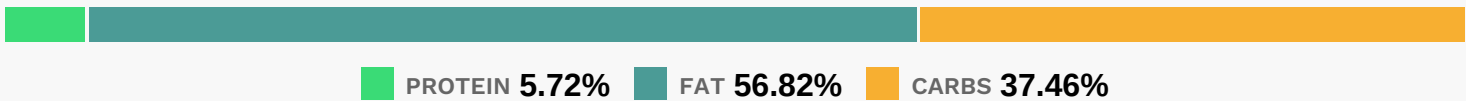
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ stand mixer
- ☐ serrated knife

Directions

- ☐ Preheat oven to 32
- ☐ Put flour, butter, granulated sugar, and salt in the bowl of a stand mixer.
- ☐ Mix on low speed until blended, then increase to medium and mix until dough is no longer crumbly and just comes together.
- ☐ Press dough evenly into the bottom of a greased 9- by 9-in. baking pan.
- ☐ Bake 10 minutes.
- ☐ Meanwhile, make topping: In a small saucepan, bring butter, honey, and sugar to a boil.
- ☐ Remove from heat. Stir in nuts. Carefully spoon mixture over shortbread and continue to bake until nuts are toasted and liquid is bubbling, about 30 minutes.
- ☐ Let cool completely. Use a serrated knife to cut into 16 squares, then cut each square diagonally to make 32 triangles.

Nutrition Facts



Properties

Glycemic Index:11.11, Glycemic Load:9.6, Inflammation Score:-3, Nutrition Score:5.8843477880177%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 288.76kcal (14.44%), Fat: 18.64g (28.68%), Saturated Fat: 6.81g (42.58%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 25.86g (9.4%), Sugar: 8.95g (9.94%), Cholesterol: 18.08mg (6.03%), Sodium: 137.32mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Manganese: 0.39mg (19.74%), Vitamin B1: 0.17mg (11.6%), Copper: 0.2mg (10.16%), Folate: 35.19µg (8.8%), Vitamin E: 1.3mg (8.66%), Iron: 1.43mg (7.95%), Phosphorus: 78.88mg (7.89%), Vitamin B2: 0.13mg (7.81%), Magnesium: 29.12mg (7.28%), Fiber: 1.8g (7.2%), Selenium: 4.82µg (6.89%), Vitamin B3: 1.28mg (6.38%), Vitamin A: 223.59IU (4.47%), Zinc: 0.62mg (4.16%), Vitamin B6: 0.08mg (4.1%), Potassium: 116.39mg (3.33%), Vitamin K: 3.37µg (3.21%), Calcium: 22.9mg (2.29%), Vitamin B5: 0.22mg (2.22%)