



Magic Bars

READY IN



260 min.

SERVINGS



24

CALORIES



477 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 21 ounce brownie mix such as duncan hines chewy fudge
- 28.5 ounce caramel candies such as kraft classic soft (90 caramels)
- 24 servings caramels
- 1 large eggs at room temperature
- 3 large eggs at room temperature
- 1.3 cups flour all-purpose
- 0.5 cup granulated sugar

- 2 tablespoons espresso powder instant
- 0.8 cup brown sugar light packed
- 0.3 teaspoon sea salt fine
- 0.5 cup semi chocolate chips
- 0.8 cup coconut or shredded sweetened
- 0.5 cup butter unsalted cut into 1/2-inch pieces, at room temperature
- 1 tablespoon vanilla extract pure
- 1 teaspoon vanilla extract pure
- 0.5 cup vegetable oil
- 1.3 cups walnuts chopped

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- baking pan
- hand mixer
- toothpicks
- stand mixer
- spatula

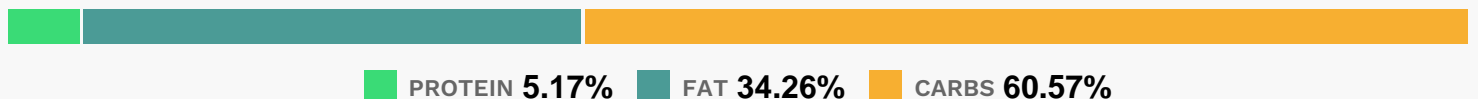
Directions

- Position a rack in the lower third of the oven and preheat the oven to 350 degrees F. Spray two 13 by 9-inch glass or ceramic baking dishes with cooking spray. Line each dish with a 15-inch-square piece of parchment paper, allowing the excess to overhang the sides. Spray the

parchment with cooking spray.

- For the brownie layer: In a large bowl, blend together the brownie mix, vegetable oil, 1/4 cup water, espresso powder and eggs. Using a hand mixer, beat for 1 minute on medium speed.
- Pour the batter into one of the prepared pans.
- Sprinkle with the coconut and bake until a toothpick inserted about 1 inch from the edge of the baking dish comes out clean, 25 to 27 minutes.
- Transfer the pan to a wire rack to cool for 1 hour.
- Using the excess parchment paper as handles, lift the brownie layer from the pan. Run a thin spatula underneath to loosen it from the parchment paper. Keep the oven on.
- For the cookie layer: In a medium bowl, whisk together the flour, baking powder, baking soda and salt. In a stand mixer fitted with a paddle attachment, beat the butter and sugars in a large bowl until fluffy. Beat in the vanilla and egg.
- Add the flour mixture and beat until a dough forms. Stir in the chocolate chips. Using your fingers, press the dough evenly into the bottom of the other prepared baking dish, leaving a 1/2-inch border.
- Bake until light golden, 14 to 16 minutes.
- Transfer the pan to a wire rack to cool for 30 minutes.
- Sprinkle the walnuts over the crust.
- For the caramel: In a medium, heavy saucepan, combine the caramel candies, 2 tablespoons water and vanilla over medium-low heat. Cook, stirring occasionally, until the candies have melted and the mixture is smooth, about 10 minutes.
- Pour the caramel evenly over the cookie layer. Working quickly, place the brownie layer on top of the caramel. Gently press the brownie layer into the caramel. Refrigerate for 1 hour until the caramel has set. Allow the layers to come to room temperature, about 30 minutes.
- Cut into 24 bars and store airtight in a plastic container.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:28.7, Inflammation Score:-2, Nutrition Score:6.3404347779958%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg

Nutrients (% of daily need)

Calories: 476.7kcal (23.84%), Fat: 18.57g (28.56%), Saturated Fat: 6.65g (41.59%), Carbohydrates: 73.87g (24.62%), Net Carbohydrates: 72.85g (26.49%), Sugar: 54.62g (60.69%), Cholesterol: 44.45mg (14.82%), Sodium: 257.81mg (11.21%), Alcohol: 0.24g (100%), Alcohol %: 0.26% (100%), Caffeine: 16.31mg (5.44%), Protein: 6.3g (12.61%), Manganese: 0.4mg (19.77%), Vitamin B2: 0.2mg (11.71%), Phosphorus: 112.16mg (11.22%), Selenium: 6.99µg (9.98%), Iron: 1.78mg (9.86%), Copper: 0.18mg (9.09%), Calcium: 87.14mg (8.71%), Vitamin B1: 0.13mg (8.4%), Magnesium: 29.77mg (7.44%), Folate: 24.78µg (6.19%), Potassium: 196.17mg (5.6%), Vitamin B5: 0.51mg (5.1%), Zinc: 0.7mg (4.64%), Vitamin B6: 0.09mg (4.33%), Fiber: 1.02g (4.09%), Vitamin A: 184.61IU (3.69%), Vitamin E: 0.55mg (3.68%), Vitamin B12: 0.22µg (3.67%), Vitamin B3: 0.72mg (3.62%), Vitamin K: 3.28µg (3.13%), Vitamin D: 0.24µg (1.58%)