



## Oatmeal Carmelitas

READY IN



235 min.

SERVINGS



55

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tsp baking soda
- 1.5 cups brown sugar packed
- 1 cup butter cold
- 11 oz caramels kraft
- 2 cups flour
- 0.3 cup milk
- 2 cups quick-cooking oats
- 0.5 tsp salt
- 8 oz baker's semi-sweet chocolate melted

1 cup planters walnuts chopped

## Equipment

bowl

frying pan

sauce pan

oven

blender

aluminum foil

## Directions

Heat oven to 350F.

Line 13x9-inch pan with foil, with ends of foil extending over sides. Cook caramels and milk in saucepan on low heat 10 to 15 min. or until sauce is smooth, stirring frequently.

Remove from heat.

Mix next 5 ingredients in large bowl.

Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs; press 3 cups onto bottom of prepared pan.

Bake 10 min.

Spread chocolate over crust; top with nuts, caramel sauce and remaining crumb mixture.

Bake 25 min. or until golden brown. Cool completely. Use foil handles to lift dessert from pan before cutting into bars. Refrigerate 3 hours or until chilled.

## Nutrition Facts



**PROTEIN 4.98%** **FAT 44.22%** **CARBS 50.8%**

## Properties

Glycemic Index:5.69, Glycemic Load:6.52, Inflammation Score:-2, Nutrition Score:2.9447826126023%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

## Nutrients (% of daily need)

Calories: 139.99kcal (7%), Fat: 7.06g (10.86%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 17.37g (6.31%), Sugar: 11.21g (12.46%), Cholesterol: 9.65mg (3.22%), Sodium: 87.19mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.55mg (1.18%), Protein: 1.79g (3.58%), Manganese: 0.29mg (14.48%), Copper: 0.11mg (5.33%), Magnesium: 21.3mg (5.32%), Selenium: 3.23µg (4.62%), Phosphorus: 45.31mg (4.53%), Vitamin B1: 0.07mg (4.46%), Iron: 0.72mg (4.01%), Fiber: 0.87g (3.49%), Folate: 11.76µg (2.94%), Vitamin B2: 0.05mg (2.86%), Zinc: 0.34mg (2.24%), Vitamin A: 109.81IU (2.2%), Calcium: 21.88mg (2.19%), Potassium: 70.95mg (2.03%), Vitamin B3: 0.37mg (1.84%), Vitamin E: 0.19mg (1.23%), Vitamin B6: 0.02mg (1.21%), Vitamin B5: 0.12mg (1.17%)