



## Oatmeal Carmelitas

READY IN



25 min.

SERVINGS



25

CALORIES



319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon baking soda
- 1.5 cups firmly brown sugar light packed
- 1 cup butter melted
- 14 oz caramels
- 2 cups flour all-purpose
- 0.3 cup half-and-half
- 2 cups quick-cooking oats uncooked
- 0.3 teaspoon salt
- 12 oz semisweet chocolate morsels

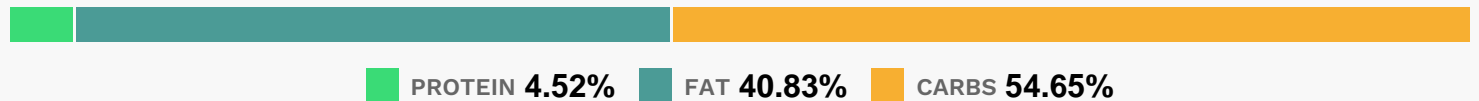
## Equipment

- bowl
- frying pan
- oven
- mixing bowl
- wire rack
- microwave

## Directions

- Stir together first 5 ingredients in a large mixing bowl.
- Add butter, stirring until mixture is crumbly. Reserve half of mixture (about 2 3/4 cups). Press remaining half of mixture into bottom of a lightly greased 13- x 9-inch pan.
- Sprinkle evenly with chocolate morsels, and, if desired, pecans.
- Microwave caramels and half-and-half in a microwave-safe bowl at MEDIUM (50% power) 3 minutes. Stir and microwave at MEDIUM 1 to 3 more minutes or until mixture is smooth.
- Let stand 1 minute.
- Pour evenly over chocolate morsels.
- Sprinkle evenly with reserved crumb mixture.
- Bake at 350 for 30 minutes or until light golden brown. Cool in pan on a wire rack.
- Cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:10.2, Glycemic Load:15.95, Inflammation Score:-4, Nutrition Score:6.2486955905738%

## Nutrients (% of daily need)

Calories: 319.39kcal (15.97%), Fat: 14.78g (22.73%), Saturated Fat: 8.37g (52.33%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 42.54g (15.47%), Sugar: 28.46g (31.62%), Cholesterol: 22.58mg (7.53%), Sodium: 171.73mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.7mg (3.9%), Protein: 3.68g (7.36%), Manganese: 0.54mg (26.89%), Magnesium: 48.05mg (12.01%), Copper: 0.22mg (10.88%), Selenium: 7.38µg (10.54%), Phosphorus: 99.76mg (9.98%), Iron: 1.74mg (9.69%), Vitamin B1: 0.14mg (9.04%), Fiber: 1.97g (7.87%), Vitamin B2: 0.11mg (6.7%), Folate: 21.51µg (5.38%), Calcium: 51.5mg (5.15%), Vitamin A: 251.8IU (5.04%), Zinc: 0.73mg (4.89%), Potassium: 169.05mg (4.83%), Vitamin B3: 0.8mg (4.01%), Vitamin E: 0.42mg (2.82%), Vitamin B5: 0.27mg (2.66%), Vitamin K: 2.18µg (2.08%), Vitamin B6: 0.03mg (1.59%), Vitamin B12: 0.09µg (1.56%)