



Peanut Butter, Caramel and Almond Bars

READY IN



80 min.

SERVINGS



20

CALORIES



451 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.8 cup butter melted
- 3 Tbsp butter
- 11 oz caramels kraft
- 1.5 cups creamy peanut butter
- 1.5 cups graham cracker crumbs
- 4 cups powdered sugar
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 1.5 cups planters slivered almonds divided chopped
- 3 Tbsp water

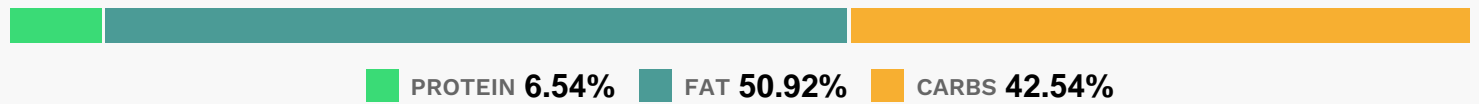
Equipment

- frying pan
- sauce pan

Directions

- Combine sugar, cracker crumbs, peanut butter, 1 cup nuts and melted butter; press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Cook caramels and water in saucepan on low heat 5 min. or until caramels are completely melted and mixture is well blended, stirring constantly.
- Pour over crust.
- Cook chocolate and remaining butter in separate saucepan 4 to 6 min. or until chocolate is completely melted and mixture is well blended, stirring frequently.
- Spread over caramel layer. Immediately sprinkle with remaining nuts; press gently into caramel layer with back of spoon. Refrigerate 1 hour or until caramel layer is firm.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:11.75, Inflammation Score:-5, Nutrition Score:8.6921738920652%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 451.19kcal (22.56%), Fat: 26.54g (40.83%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 47.28g (17.19%), Sugar: 39.6g (44%), Cholesterol: 1.43mg (0.48%), Sodium: 264.05mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 7.67g (15.34%), Vitamin E:

4.27mg (28.47%), Manganese: 0.55mg (27.33%), Magnesium: 71.26mg (17.81%), Vitamin B3: 3.18mg (15.89%), Phosphorus: 152.24mg (15.22%), Copper: 0.24mg (12.11%), Vitamin B2: 0.2mg (11.51%), Fiber: 2.61g (10.44%), Vitamin A: 389.07IU (7.78%), Zinc: 1.09mg (7.25%), Iron: 1.29mg (7.17%), Potassium: 250.11mg (7.15%), Calcium: 64.77mg (6.48%), Folate: 23.83 μ g (5.96%), Vitamin B6: 0.11mg (5.75%), Vitamin B1: 0.08mg (5.11%), Vitamin B5: 0.37mg (3.66%), Selenium: 2.03 μ g (2.89%), Vitamin B12: 0.07 μ g (1.13%)