



Popcorn and Candy Cookie Bars

READY IN



120 min.

SERVINGS



12

CALORIES



645 kcal

DESSERT

Ingredients

- ☐ 16.5 oz sugar cookie dough refrigerated
- ☐ 2 cups sugar
- ☐ 0.5 cup water
- ☐ 1 teaspoon kosher salt (coarse)
- ☐ 0.7 cup whipping cream
- ☐ 6 cups popped popcorn
- ☐ 2 cups pretzel sticks
- ☐ 2 cups m&m candies
- ☐ 1 cup roasted peanuts salted

☐ 1 serving kosher salt (coarse)

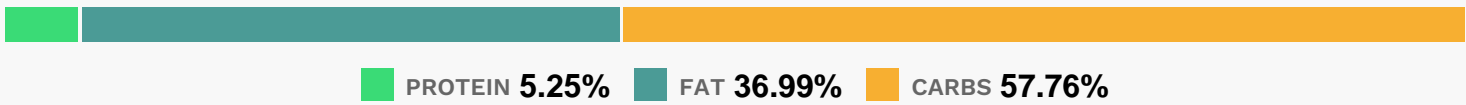
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray cookie sheet with cooking spray or line with cooking parchment paper. Press cookie dough on cookie sheet.
- ☐ In large saucepan, heat sugar, water and 1 teaspoon salt to boiling over medium-high heat. Boil without stirring until mixture is amber in color, about 8 to 12 minutes.
- ☐ Remove from heat; slowly pour in whipping cream (mixture will sputter).
- ☐ In large bowl, toss popcorn, pretzels, candies and peanuts.
- ☐ Drizzle with caramel mixture; stir until well coated. Firmly and evenly press mixture on cookie dough.
- ☐ Sprinkle with additional salt.
- ☐ Bake 20 to 25 minutes or until cookie layer is baked. Cool completely.
- ☐ Cut into 4 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:31.55, Inflammation Score:-4, Nutrition Score:7.6395651529665%

Nutrients (% of daily need)

Calories: 644.84kcal (32.24%), Fat: 27.06g (41.63%), Saturated Fat: 11.16g (69.75%), Carbohydrates: 95.06g (31.69%), Net Carbohydrates: 91.58g (33.3%), Sugar: 69.82g (77.58%), Cholesterol: 24.43mg (8.14%), Sodium:

520.2mg (22.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.29%), Manganese: 0.56mg (27.84%), Vitamin B3: 3.38mg (16.92%), Phosphorus: 152.27mg (15.23%), Folate: 59.01µg (14.75%), Fiber: 3.48g (13.94%), Iron: 2.06mg (11.44%), Vitamin B1: 0.17mg (11.09%), Magnesium: 34.82mg (8.71%), Vitamin B2: 0.12mg (7.33%), Calcium: 67.89mg (6.79%), Copper: 0.13mg (6.47%), Vitamin A: 297.22IU (5.94%), Potassium: 203.89mg (5.83%), Selenium: 3.13µg (4.47%), Zinc: 0.64mg (4.27%), Vitamin K: 4.18µg (3.98%), Vitamin B5: 0.36mg (3.59%), Vitamin B6: 0.06mg (2.94%), Vitamin E: 0.26mg (1.7%), Vitamin D: 0.21µg (1.41%)