



Salted Caramel Turtle Triangles

READY IN



90 min.

SERVINGS



48

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz basic cookie mix chunk
- 0.3 cup butter melted
- 2 tablespoons water
- 1 eggs
- 0.7 cup pecans coarsely chopped
- 4 tablespoons butter
- 14 oz individually wrapped caramels
- 0.3 cup cup heavy whipping cream
- 0.5 teaspoon vanilla

0.1 teaspoon kosher salt for top of bars

Equipment

bowl

frying pan

sauce pan

oven

Directions

Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.

In medium bowl, stir together cookie mix, butter, water and egg until soft dough forms. Press dough evenly into prepared pan, sprinkle with 1/3 cup pecans.

Bake 11 to 15 minutes or until set in center and edges just begin to pull from sides of pan. Set aside to cool.

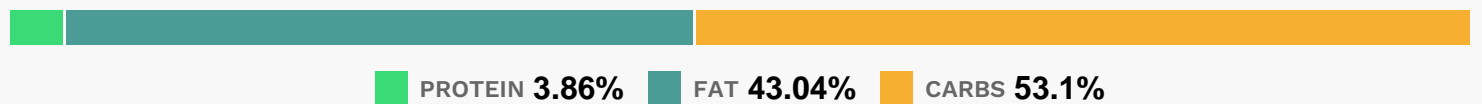
Meanwhile, in medium saucepan over medium-low heat, melt butter, caramels and cream, stirring frequently until mixture is smooth.

Remove from heat. Stir in vanilla and 1/8 teaspoon salt.

Spread caramel evenly over cookie base and sprinkle with remaining pecans. Cool completely.

Sprinkle top of caramel with additional salt right before serving. To serve, cut into 4 rows by 6 rows and cut each square diagonally into triangles. Store in refrigerator; bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:0.96043478567963%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate:
0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:
0.03mg

Nutrients (% of daily need)

Calories: 108.56kcal (5.43%), Fat: 5.22g (8.02%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 14.48g (4.83%), Net
Carbohydrates: 14.09g (5.12%), Sugar: 10.38g (11.54%), Cholesterol: 7.9mg (2.63%), Sodium: 57.49mg (2.5%),
Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 1.05g (2.1%), Manganese: 0.06mg (3.16%), Vitamin A:
98.86IU (1.98%), Vitamin B2: 0.03mg (1.96%), Phosphorus: 16.32mg (1.63%), Fiber: 0.39g (1.58%), Calcium: 14.37mg
(1.44%), Vitamin B1: 0.02mg (1.42%)