



## Salted Caramel Turtle Triangles

READY IN



90 min.

SERVINGS



48

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter melted
- 4 tablespoons butter
- 14 oz individually wrapped caramels
- 0.1 teaspoon kosher salt for top of bars
- 1 pouch basic cookie mix chunk (1 lb 1.5 oz)
- 1 eggs
- 0.3 cup cup heavy whipping cream
- 0.7 cup pecans coarsely chopped
- 0.5 teaspoon vanilla

2 tablespoons water

## Equipment

bowl

frying pan

sauce pan

oven

## Directions

Heat oven to 350F. Spray 9 x 13-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.

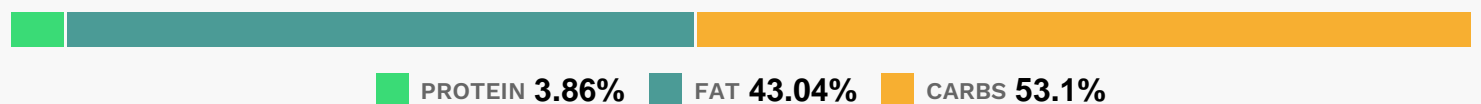
Meanwhile, in medium saucepan over medium-low heat, melt butter, caramels and cream, stirring frequently until mixture is smooth.

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: 108.55kcal (5.43%), Fat: 5.22g (8.02%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 14.48g (4.83%), Net  
Carbohydrates: 14.08g (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%)