



Salty Sweet Peanutty Treat

READY IN



200 min.

SERVINGS



32

CALORIES



263 kcal

DESSERT

Ingredients

- 17.5 oz chocolate chip cookie mix
- 0.5 cup butter softened
- 1 eggs
- 24 individually wrapped caramels
- 2 tablespoons butter
- 14 oz condensed milk sweetened canned (not evaporated)
- 2 cups pretzel twists
- 1.5 cups roasted peanuts salted chopped
- 1 cup semi chocolate chips

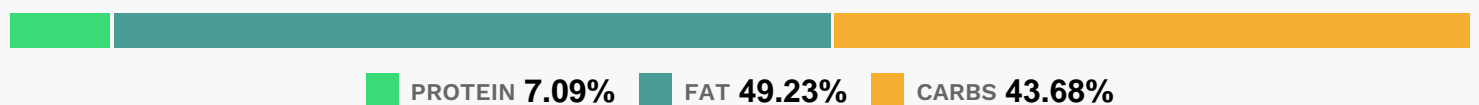
Equipment

- bowl
- frying pan
- sauce pan
- oven
- microwave

Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray.
- In large bowl, stir cookie base ingredients until soft dough forms.
- Spread dough in bottom of pan.
- Bake 10 minutes.
- Meanwhile, in 2-quart saucepan, heat filling ingredients over medium-low heat 5 to 10 minutes, stirring constantly, until caramels are melted.
- Remove from heat.
- As soon as pan is removed from oven, press pretzels firmly into partially baked base, slightly overlapping pretzels.
- Sprinkle chopped peanuts evenly over pretzels.
- Pour caramel filling over top; spread evenly.
- Bake 20 minutes longer until caramel filling bubbles. Cool completely, about 2 hours.
- In small microwaveable bowl, microwave chocolate chips uncovered on High 1 to 2 minutes or until melted. Dip fork into melted chocolate; drizzle chocolate over bars. Refrigerate 30 minutes or until chocolate is set. For bars, cut into 8 rows by 4 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.05, Glycemic Load:14.46, Inflammation Score:-3, Nutrition Score:4.7930434851543%

Nutrients (% of daily need)

Calories: 262.6kcal (13.13%), Fat: 14.7g (22.62%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 27.76g (10.1%), Sugar: 18.81g (20.9%), Cholesterol: 11.43mg (3.81%), Sodium: 196.57mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 4.76g (9.53%), Manganese: 0.26mg (13.12%), Phosphorus: 95.78mg (9.58%), Magnesium: 32.08mg (8.02%), Vitamin B3: 1.56mg (7.79%), Vitamin B2: 0.12mg (7.29%), Vitamin B1: 0.11mg (7.05%), Folate: 26.17µg (6.54%), Fiber: 1.58g (6.33%), Copper: 0.12mg (6.19%), Calcium: 58.72mg (5.87%), Potassium: 184.96mg (5.28%), Selenium: 3.5µg (4.99%), Iron: 0.88mg (4.87%), Vitamin A: 204.67IU (4.09%), Zinc: 0.56mg (3.72%), Vitamin B5: 0.29mg (2.85%), Vitamin B12: 0.1µg (1.73%), Vitamin B6: 0.03mg (1.73%), Vitamin E: 0.25mg (1.68%)