



Salty Sweet Peanutty Treat

READY IN



200 min.

SERVINGS



32

CALORIES



185 kcal

DESSERT

Ingredients

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

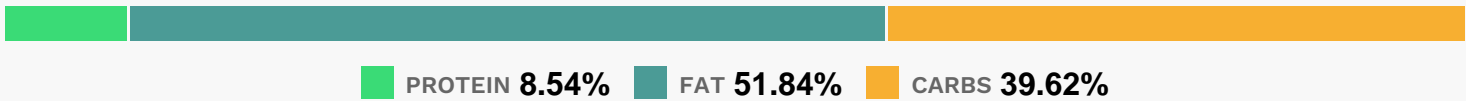
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:9.58, Inflammation Score:-3, Nutrition Score:4.1286955981151%

Nutrients (% of daily need)

Calories: 184.77kcal (9.24%), Fat: 10.97g (16.88%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 17.72g (6.44%), Sugar: 13.8g (15.33%), Cholesterol: 10.2mg (3.4%), Sodium: 141.02mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 4.07g (8.13%), Manganese: 0.26mg (13.12%), Phosphorus: 88.19mg (8.82%), Magnesium: 26.98mg (6.74%), Vitamin B3: 1.25mg (6.24%), Copper: 0.12mg (6.19%), Calcium: 58.72mg (5.87%), Vitamin B2: 0.1mg (5.66%), Selenium: 3.5µg (4.99%), Fiber: 1.15g (4.6%), Potassium: 156.8mg (4.48%), Vitamin A: 204.67IU (4.09%), Folate: 15.81µg (3.95%), Iron: 0.69mg (3.84%), Vitamin B1: 0.05mg (3.65%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.29mg (2.85%), Vitamin B12: 0.1µg (1.73%), Vitamin B6: 0.03mg (1.73%), Vitamin E: 0.25mg (1.68%)