



Shortbread Caramel Brownie Bars

READY IN



45 min.

SERVINGS



24

CALORIES



326 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 lb butter
- 12 ounces individually wrapped caramels such as kraft soft
- 2 tablespoons cornstarch
- 3 large eggs
- 2.5 cups flour all-purpose
- 0.3 teaspoon salt
- 10 ounce bittersweet chocolate finely chopped
- 1.3 cups sugar

- 1 tablespoon vanilla
- 0.3 cup milk whole

Equipment

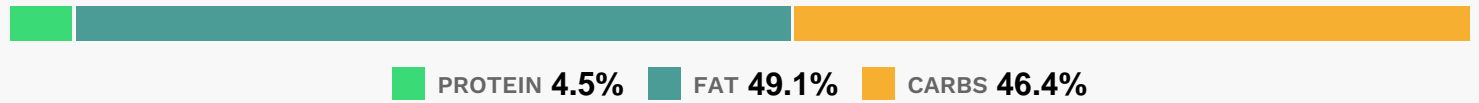
- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- blender
- baking pan
- microwave
- spatula
- skewers

Directions

- Cut 1 cup butter into chunks. In the bowl of a food processor, combine 2 cups flour, 1/2 cup sugar, cornstarch, and the butter chunks. Whirl until dough comes together. Press evenly over the bottom of a buttered 9- by 13-inch baking pan.
- Bake in a 325 regular or convection oven until top feels dry and is just beginning to brown, about 25 minutes.
- Let cool completely.
- Meanwhile, unwrap caramels and place in a microwave-safe bowl with milk. Cook in a microwave oven on full power (100%) for 1 minute. Stir mixture, then cook and stir at 30-second intervals until melted and smooth, about 3 minutes longer.
- Spread caramel mixture evenly over cooled crust and chill until firm, about 20 minutes.
- In a large bowl set over a pan of barely simmering water (bottom of bowl should not touch water), stir chocolate and remaining 1/2 cup butter often until melted and smooth.

- Remove bowl from over water and, with a whisk or a mixer on medium speed, beat in remaining 3/4 cup sugar, eggs, and vanilla until well blended. Stir in remaining 1/2 cup flour, baking powder, and salt until well blended.
- Pour chocolate mixture over caramel layer and use a knife or spatula to spread level, completely covering caramel.
- Bake in a 350 regular or convection oven until a wooden skewer inserted into the chocolate layer comes out clean, 35 to 40 minutes.
- Let cool completely, then cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:21.63, Inflammation Score:-4, Nutrition Score:5.3604347942316%

Nutrients (% of daily need)

Calories: 326.28kcal (16.31%), Fat: 18.01g (27.7%), Saturated Fat: 10.5g (65.64%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 36.99g (13.45%), Sugar: 24.27g (26.97%), Cholesterol: 55.73mg (18.58%), Sodium: 170.42mg (7.41%), Alcohol: 0.19g (100%), Alcohol %: 0.32% (100%), Caffeine: 10.16mg (3.39%), Protein: 3.71g (7.43%), Manganese: 0.25mg (12.54%), Selenium: 7.85µg (11.22%), Copper: 0.17mg (8.74%), Vitamin B2: 0.15mg (8.58%), Vitamin B1: 0.13mg (8.35%), Iron: 1.5mg (8.34%), Phosphorus: 81.22mg (8.12%), Vitamin A: 403.95IU (8.08%), Folate: 27.76µg (6.94%), Magnesium: 27.51mg (6.88%), Fiber: 1.3g (5.21%), Vitamin B3: 0.9mg (4.52%), Calcium: 43.95mg (4.4%), Zinc: 0.57mg (3.82%), Potassium: 128.13mg (3.66%), Vitamin E: 0.54mg (3.59%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.16µg (2.62%), Vitamin K: 2.16µg (2.06%), Vitamin B6: 0.03mg (1.52%), Vitamin D: 0.15µg (1.02%)