



Sweet and Salty Peanut Bars

READY IN



130 min.

SERVINGS



24

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 19 oz chocolate chip cookie mix gluten free
- 0.5 cup butter softened
- 1 teaspoon vanilla gluten-free
- 1 eggs beaten
- 24 individually wrapped caramels
- 2 tablespoons butter
- 14 oz condensed milk sweetened canned (not evaporated)
- 12 oz fruit cocktail salted chopped canned

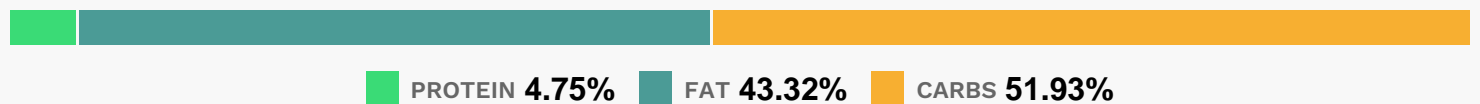
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack

Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray (without flour).
- In medium bowl, stir cookie mix, 1/2 cup butter, the vanilla and egg until soft dough forms. Press in pan.
- Bake 15 minutes or until set.
- Meanwhile, in 1-quart saucepan, heat caramels, 2 tablespoons butter and the condensed milk over medium-low heat 5 to 10 minutes, stirring frequently, until caramels are melted.
- Remove from heat. Carefully pour filling over partially baked crust; spread evenly.
- Sprinkle with peanuts.
- Bake 15 to 18 minutes or until filling is bubbly. Cool completely in pan on cooling rack, about 1 hour.
- Cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:13.74, Glycemic Load:18.67, Inflammation Score:-2, Nutrition Score:3.1834782452687%

Nutrients (% of daily need)

Calories: 257.63kcal (12.88%), Fat: 12.62g (19.42%), Saturated Fat: 6.4g (40%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 33.27g (12.1%), Sugar: 24.82g (27.58%), Cholesterol: 27.61mg (9.2%), Sodium: 167.45mg (7.28%),

Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.12g (6.23%), Vitamin B2: 0.15mg (8.71%), Phosphorus: 70.85mg (7.09%), Vitamin B1: 0.1mg (6.86%), Calcium: 64.08mg (6.41%), Selenium: 3.32µg (4.74%), Vitamin A: 235.07IU (4.7%), Folate: 18.72µg (4.68%), Potassium: 140.41mg (4.01%), Magnesium: 14.47mg (3.62%), Fiber: 0.77g (3.08%), Vitamin B3: 0.56mg (2.78%), Zinc: 0.35mg (2.36%), Vitamin B5: 0.23mg (2.29%), Iron: 0.39mg (2.16%), Vitamin B12: 0.13µg (2.15%), Vitamin E: 0.3mg (2%), Vitamin B6: 0.02mg (1.23%), Manganese: 0.02mg (1.19%), Vitamin K: 1.07µg (1.02%)