



Sweet and Salty Peanut Bars

READY IN



130 min.

SERVINGS



24

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

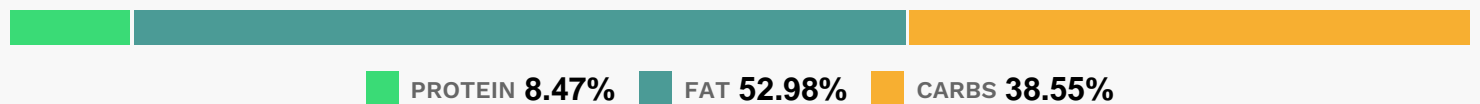
Equipment

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

Directions

- Heat oven to 350F. 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:12.04, Glycemic Load:15.47, Inflammation Score:-3, Nutrition Score:6.3447826621325%

Nutrients (% of daily need)

Calories: 294.58kcal (14.73%), Fat: 17.93g (27.59%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.58g (10.03%), Sugar: 20.55g (22.83%), Cholesterol: 27.05mg (9.02%), Sodium: 144.2mg

(6.27%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 6.45g (12.89%), Manganese: 0.38mg (18.86%), Vitamin B3: 2.62mg (13.09%), Phosphorus: 120.81mg (12.08%), Folate: 47.55µg (11.89%), Vitamin B1: 0.17mg (11.5%), Magnesium: 38.07mg (9.52%), Vitamin B2: 0.15mg (8.92%), Calcium: 78.25mg (7.83%), Fiber: 1.78g (7.1%), Copper: 0.13mg (6.66%), Potassium: 220.31mg (6.29%), Selenium: 4.27µg (6.1%), Vitamin B5: 0.47mg (4.71%), Iron: 0.82mg (4.54%), Vitamin A: 205.59IU (4.11%), Zinc: 0.61mg (4.04%), Vitamin B6: 0.07mg (3.33%), Vitamin B12: 0.13µg (2.15%), Vitamin E: 0.23mg (1.52%)