

Turtle Bars

READY IN



45 min.

SERVINGS



70

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 cups t brown sugar dark packed ()
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans toasted
- ☐ 5.5 ounces semi chocolate chips
- ☐ 1.5 cups butter unsalted room temperature (3 sticks)
- ☐ 3 tablespoons whipping cream

Equipment

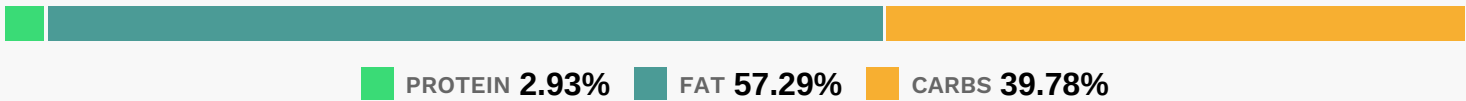
- ☐ sauce pan

- ☐ oven
- ☐ baking pan
- ☐ offset spatula

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix flour, 1 cup brown sugar, and 3/4 cup butter in processor until well blended and crumbly. Press mixture evenly into ungreased 9x13x2-inch metal baking dish.
- ☐ Bake until crust is light golden, about 15 minutes. Maintain oven temperature.
- ☐ Meanwhile, bring remaining 3/4 cup brown sugar, 3/4 cup butter, and cream to boil in small saucepan over high heat, stirring until sugar dissolves. Boil 1 minute, stirring occasionally.
- ☐ Remove caramel from heat.
- ☐ Sprinkle pecans over crust.
- ☐ Pour caramel over pecans.
- ☐ Bake until bubbles form and color darkens, about 20 minutes.
- ☐ Remove from oven and sprinkle with chocolate chips.
- ☐ Let stand until chocolate melts, about 5 minutes. Using offset spatula, spread chocolate evenly over top. Chill bars until chocolate sets, about 20 minutes.
- ☐ Cut into 1-inch squares.

Nutrition Facts



Properties

Glycemic Index:1.21, Glycemic Load:1.98, Inflammation Score:-1, Nutrition Score:1.4700000009135%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

0.03mg

Nutrients (% of daily need)

Calories: 93.63kcal (4.68%), Fat: 6.08g (9.36%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 9.1g (3.31%), Sugar: 6.24g (6.93%), Cholesterol: 11.32mg (3.77%), Sodium: 2.54mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Manganese: 0.12mg (6.06%), Copper: 0.05mg (2.67%), Vitamin A: 132.91IU (2.66%), Vitamin B1: 0.04mg (2.56%), Selenium: 1.59µg (2.26%), Iron: 0.38mg (2.13%), Folate: 7.07µg (1.77%), Magnesium: 7.05mg (1.76%), Fiber: 0.41g (1.64%), Phosphorus: 15.33mg (1.53%), Vitamin B2: 0.02mg (1.38%), Vitamin B3: 0.25mg (1.27%), Zinc: 0.16mg (1.04%), Vitamin E: 0.15mg (1.03%)