



Turtle Bars Supreme

READY IN



225 min.

SERVINGS



36

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon coffee instant
- ☐ 2 tablespoons water hot
- ☐ 17.5 oz basic cookie mix chunk
- ☐ 0.3 cup vegetable oil
- ☐ 1 eggs
- ☐ 8 oz cream cheese softened
- ☐ 3 cups powdered sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 eggs

- ☐ 3.4 oz rolos cut into fourths
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.3 cup pecans chopped

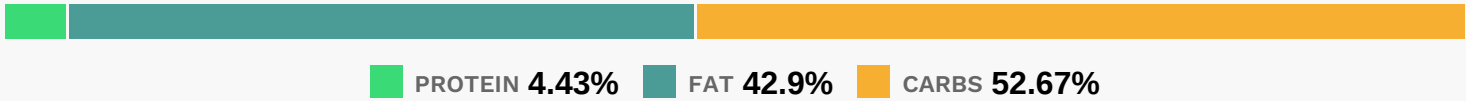
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Heat oven to 350°F. Spray bottom and sides of 13x9– inch pan with cooking spray. In small bowl, stir coffee granules and water until dissolved, set aside. In large bowl, stir cookie mix, oil, egg and dissolved coffee until soft dough forms. Press in bottom of pan.
- ☐ Bake 10 minutes; cool 15 minutes.
- ☐ In medium mixing bowl, beat cream cheese, powdered sugar, cocoa powder and eggs until smooth; fold in caramels and pecans. Gently spread over cookie base.
- ☐ Bake 30 to 35 minutes, or until set. Cool 30 minutes.
- ☐ Drizzle caramel topping over bars; sprinkle with pecans. Refrigerate 2 hours or until set. For bars, cut into 9 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.31, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.4134782332441%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg

Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 184.58kcal (9.23%), Fat: 8.98g (13.81%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.61g (8.59%), Sugar: 19.3g (21.44%), Cholesterol: 20.32mg (6.77%), Sodium: 50.35mg (2.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.09g (4.18%), Manganese: 0.22mg (10.98%), Copper: 0.1mg (4.77%), Fiber: 1.18g (4.72%), Phosphorus: 35.85mg (3.58%), Vitamin K: 3.18µg (3.02%), Selenium: 2.07µg (2.95%), Magnesium: 11.72mg (2.93%), Vitamin B2: 0.05mg (2.83%), Iron: 0.4mg (2.23%), Zinc: 0.33mg (2.22%), Vitamin A: 111.18IU (2.22%), Vitamin B1: 0.03mg (2.21%), Vitamin E: 0.3mg (2.01%), Potassium: 60.5mg (1.73%), Calcium: 17.16mg (1.72%), Vitamin B5: 0.13mg (1.3%)