



Two-Layer Caramel-Pecan Bars

READY IN



45 min.

SERVINGS



20

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 40 small individually wrapped caramels soft
- 2 tablespoons skim milk fat-free
- 0.8 cup flour all-purpose
- 0.3 cup pecans finely chopped
- 0.3 teaspoon salt
- 0.3 cup stick margarine softened
- 1 teaspoon vanilla extract

Equipment

- frying pan
- oven
- knife
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 37
- Beat the first 4 ingredients with a mixer at medium speed until well-blended. Lightly spoon flour into dry measuring cups, and level with a knife.
- Add flour to sugar mixture, stirring until well-blended. (
- Mixture will be crumbly.) Firmly press mixture into bottom of an 8-inch square baking pan coated with cooking spray.
- Bake at 375 for 15 minutes.
- While crust is baking, combine milk and caramel candies in a medium sauce-pan.
- Place over low heat; cook until candies melt, stirring occasionally. Stir in 1 teaspoon vanilla; remove from heat.
- Remove the crust from oven.
- Pour the caramel mixture evenly over hot crust.
- Sprinkle with pecans.
- Bake at 375 for 15 minutes. Cool completely on a wire rack.

Nutrition Facts



PROTEIN 4.5% FAT 31.59% CARBS 63.91%

Properties

Glycemic Index:9.16, Glycemic Load:12.63, Inflammation Score:-1, Nutrition Score:1.9626087031287%

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: 139.16kcal (6.96%), Fat: 5.03g (7.74%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 22.63g (8.23%), Sugar: 16.82g (18.69%), Cholesterol: 1.45mg (0.48%), Sodium: 107.71mg (4.68%), Alcohol: 0.07g (100%), Alcohol %: 0.25% (100%), Protein: 1.61g (3.22%), Manganese: 0.1mg (4.92%), Vitamin B2: 0.08mg (4.67%), Vitamin B1: 0.07mg (4.5%), Calcium: 35.21mg (3.52%), Phosphorus: 34.08mg (3.41%), Selenium: 2.07µg (2.96%), Folate: 9.77µg (2.44%), Vitamin A: 118.01IU (2.36%), Potassium: 62.33mg (1.78%), Iron: 0.31mg (1.7%), Vitamin B5: 0.17mg (1.69%), Magnesium: 6.7mg (1.68%), Vitamin B3: 0.33mg (1.65%), Copper: 0.03mg (1.43%), Vitamin E: 0.21mg (1.37%), Zinc: 0.19mg (1.27%), Vitamin B12: 0.07µg (1.19%), Fiber: 0.26g (1.03%)