



Ultimate Turtle Cookie Bars

READY IN



130 min.

SERVINGS



16

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 17.5 oz chocolate chip cookie mix
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 24 individually wrapped caramels
- ☐ 1 tablespoon milk
- ☐ 0.8 cup cashew pieces
- ☐ 3 tablespoons semi chocolate chips
- ☐ 1 teaspoon shortening

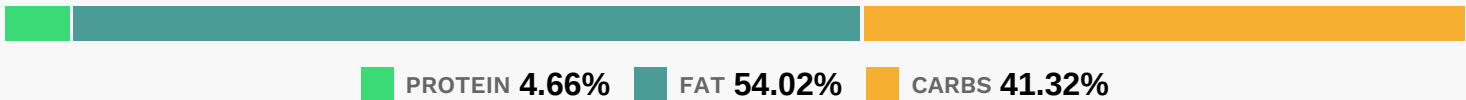
Equipment

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

Directions

- ☐ Heat oven to 350°F. In medium bowl, stir together cookie mix, butter, egg and 1/2 cup chopped pecans until soft dough forms. Press evenly in ungreased 8-inch square pan.
- ☐ Bake 28 to 33 minutes or until golden brown.
- ☐ Meanwhile, in 1-quart saucepan, heat caramels and milk over low heat, stirring frequently, until melted and smooth.
- ☐ Remove from heat.
- ☐ Carefully spread melted caramels evenly over warm bars; sprinkle with pecan halves. Cool completely on cooling rack, about 1 hour.
- ☐ In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted and smooth.
- ☐ Drizzle over bars.
- ☐ Let stand about 30 minutes or until chocolate is set. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:17.74, Inflammation Score:-4, Nutrition Score:5.272608678626%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 344.75kcal (17.24%), Fat: 21.18g (32.58%), Saturated Fat: 6.01g (37.59%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 34.82g (12.66%), Sugar: 21.45g (23.84%), Cholesterol: 14.04mg (4.68%), Sodium: 220.24mg (9.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Manganese: 0.29mg (14.65%), Vitamin B1: 0.17mg (11.28%), Copper: 0.21mg (10.67%), Magnesium: 40.17mg (10.04%), Phosphorus: 92.92mg (9.29%), Vitamin B2: 0.12mg (7.06%), Fiber: 1.62g (6.48%), Folate: 25µg (6.25%), Iron: 1.11mg (6.16%), Vitamin A: 279.73IU (5.59%), Zinc: 0.84mg (5.59%), Potassium: 166.54mg (4.76%), Vitamin B3: 0.77mg (3.87%), Selenium: 2.7µg (3.86%), Calcium: 31.89mg (3.19%), Vitamin E: 0.46mg (3.04%), Vitamin K: 2.83µg (2.69%), Vitamin B6: 0.05mg (2.38%), Vitamin B5: 0.24mg (2.37%), Vitamin B12: 0.09µg (1.44%)