



Ultimate Turtle Cookie Bars

READY IN



130 min.

SERVINGS



16

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 24 individually wrapped caramels
- ☐ 1 pouch chocolate chip cookie mix (1 lb 1.5 oz)
- ☐ 1 eggs
- ☐ 1 tablespoon milk
- ☐ 0.8 cup pecans
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 3 tablespoons semi chocolate chips
- ☐ 1 teaspoon shortening

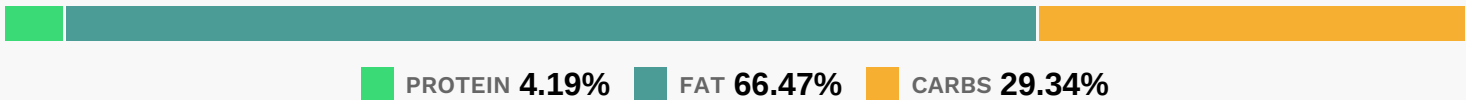
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:10.73, Glycemic Load:7.58, Inflammation Score:-3, Nutrition Score:3.5313043834075%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg

Nutrients (% of daily need)

Calories: 187.72kcal (9.39%), Fat: 14.41g (22.17%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 13.31g (4.84%), Sugar: 11.25g (12.5%), Cholesterol: 11.57mg (3.86%), Sodium: 108.42mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Manganese: 0.4mg (20.09%), Copper: 0.14mg (6.82%), Vitamin A: 282.32IU (5.65%), Phosphorus: 54.76mg (5.48%), Vitamin B1: 0.07mg (4.8%), Magnesium: 17.91mg (4.48%), Fiber: 1g (4%), Vitamin B2: 0.07mg (3.93%), Zinc: 0.54mg (3.63%), Calcium: 32.9mg (3.29%), Vitamin E: 0.47mg (3.11%), Potassium: 89.33mg (2.55%), Iron: 0.45mg (2.51%), Selenium: 1.67µg (2.39%), Vitamin B5: 0.22mg (2.25%), Vitamin B6: 0.03mg (1.61%), Vitamin B12: 0.09µg (1.44%)