

Chewy Turtle Bars

Edna Stein and Dana Barlock

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

*1 box (18.5 ounce) swiss chocolate
cake mix
1/2 cup butter or margarine, melted
1 can (5.3 ounce) (2/3 cup)
evaporated milk, divided
1 package (14 ounce) light caramels
1 package (12 ounce) chocolate
morsels
1 cup pecans, coarsely chopped*

Preheat the oven to 350 degrees.

In a bowl, mix together the cake mix, margarine and 1/3 cup of the evaporated milk. Beat at high speed. Place one-half of the mixture in a 13x9x2-inch baking pan. Press the mixture well into the bottom of the pan.

Bake for 6 minutes. Remove from the oven and cool to room temperature.

Unwrap the caramels and place in a pan with the remaining evaporated milk. Stir over medium heat until smooth. Pour the mixture evenly over the baked chocolate crust. Spread with a spatula.

Sprinkle chocolate chips and nuts on top of the caramel layer. Cut small pieces of the remaining dough and flatten them with your hands. Cover the caramel, chocolate and nut layer as much as possible.

Bake for 15 to 18 minutes.

Cool and then cut into bars. Freeze, if desired.

Per Serving (excluding unknown items): 1872 Calories; 184g Fat (85.3% calories from fat); 26g Protein; 45g Carbohydrate; 8g Dietary Fiber; 322mg Cholesterol; 1204mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Non-Fat Milk; 36 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1872	Vitamin B6 (mg):	.3mg
% Calories from Fat:	85.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	9.3%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	184g	Folacin (mcg):	65mcg
Saturated Fat (g):	75g	Niacin (mg):	1mg
Monounsaturated Fat (g):	78g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	22g	Alcohol (kcal):	0
Cholesterol (mg):	322mg	% Refuse:	n n%
Carbohydrate (g):	45g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	1 1/2
Protein (g):	26g	Lean Meat:	1/2
Sodium (mg):	1204mg	Vegetable:	0
Potassium (mg):	1217mg	Fruit:	0
Calcium (mg):	723mg	Non-Fat Milk:	2
Iron (mg):	3mg	Fat:	36
Zinc (mg):	8mg	Other Carbohydrates:	0
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	4606IU		
Vitamin A (r.e.):	1056 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories 1872	Calories from Fat: 1596
% Daily Values*	
Total Fat 184g	283%
Saturated Fat 75g	373%
Cholesterol 322mg	107%
Sodium 1204mg	50%
Total Carbohydrates 45g	15%
Dietary Fiber 8g	33%
Protein 26g	
Vitamin A	92%
Vitamin C	11%
Calcium	72%
Iron	16%

* Percent Daily Values are based on a 2000 calorie diet.