

Cinnamon Caramel Swirl Bars

McCormick & Company, Inc.

Servings: 24

1 1/2 cups flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1/4 teaspoon salt
1 1/2 cups firmly packed brown sugar
1/2 cup butter, melted
2 eggs
1 tablespoon pure vanilla extract
1 cup pecans, coarsely chopped
1 package caramels, unwrapped
1/4 cup milk

Preparation Time: 25 minutes

Cook Time: 35 minutes

Preheat the oven to 350 degrees.

In a medium bowl, mix the flour, baking powder, cinnamon and salt. Set aside.

In a large bowl, mix the brown sugar, butter, eggs, vanilla and pecans until well blended. Add the flour mixture and mix well. Reserve one cup of the batter.

Spread the remaining batter into a lightly greased, foil-lined 13x9-inch baking pan.

Bake in the oven for 15 minutes or until firm.

In a medium microwaveable bowl, microwave the caramels and milk on HIGH for 2 to 3 minutes or until the caramels are completely melted, stirring after every minute. Cool for 5 minutes or until slightly thickened.

Pour over the baked layer in the pan, spreading to within one-half inch of the edges. Drop the reserved one cup of batter by spoonfuls over the caramel layer. Cut through the batter with a knife several times for a marble effect.

Bake for 15 to 20 minutes longer or until the center is set. Cool in the pan on a wire rack.

Lift from the pan and cut into bars.

Per Serving (excluding unknown items): 152 Calories; 7g Fat (42.9% calories from fat); 2g Protein; 21g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 115mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	152
% Calories from Fat:	42.9%
% Calories from Carbohydrates:	52.5%
% Calories from Protein:	4.6%
Total Fat (g):	7g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	28mg
Carbohydrate (g):	21g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	115mg
Potassium (mg):	85mg
Calcium (mg):	46mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	174IU
Vitamin A (r.e.):	43RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 152 Calories from Fat: 65

% Daily Values*

Total Fat 7g	11%
Saturated Fat 3g	14%
Cholesterol 28mg	9%
Sodium 115mg	5%
Total Carbohydrates 21g	7%
Dietary Fiber 1g	3%
Protein 2g	
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Vitamin A	3%
Vitamin C	0%
Calcium	5%
Iron	5%

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