



Apple Butterscotch Bars

READY IN



170 min.

SERVINGS



8

CALORIES



717 kcal

SIDE DISH

Ingredients

- 0.7 cup apple jelly
- 0.7 cup brown sugar
- 1 cup butter softened
- 11 ounce butterscotch chips
- 0.3 cup cashew pieces chopped
- 1.5 cups old-fashioned oats
- 1.5 cups self-rising flour
- 0.5 cup sugar white

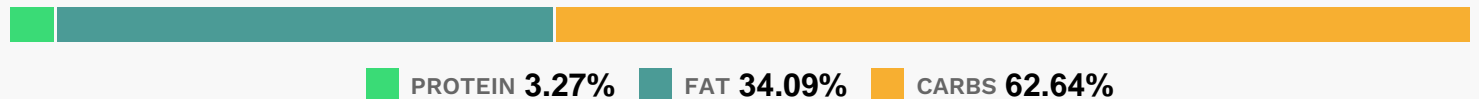
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease the bottom of a 9 inch square baking dish.
- Mix the flour, oats, white sugar, and brown sugar in a large bowl.
- Cut the butter into the flour mixture until the mixture is crumbly. Set aside 3/4 cup of the mixture and press the rest into the bottom of the prepared dish.
- Spread the top with the apple jelly.
- Stir the reserved flour mixture and the cashews together in a bowl; sprinkle over the apple jelly. Scatter the butterscotch chips over the cashew mixture.
- Bake in the preheated oven until golden brown; 30 to 35 minutes. Allow to cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:38.41, Glycemic Load:34.09, Inflammation Score:-5, Nutrition Score:8.113043487072%

Nutrients (% of daily need)

Calories: 716.94kcal (35.85%), Fat: 27.51g (42.32%), Saturated Fat: 15.93g (99.56%), Carbohydrates: 113.72g (37.91%), Net Carbohydrates: 111.18g (40.43%), Sugar: 75.86g (84.29%), Cholesterol: 64.51mg (21.5%), Sodium: 351.06mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Manganese: 0.83mg (41.41%), Selenium: 15.88µg (22.69%), Vitamin A: 748.54IU (14.97%), Phosphorus: 122.29mg (12.23%), Copper: 0.23mg (11.44%), Magnesium: 41.96mg (10.49%), Fiber: 2.54g (10.17%), Iron: 1.41mg (7.84%), Vitamin B1: 0.12mg (7.76%), Zinc: 1.07mg (7.13%), Vitamin E: 0.92mg (6.14%), Vitamin B2: 0.08mg (4.69%), Potassium: 159.51mg (4.56%), Folate: 17.76µg (4.44%), Calcium: 42.29mg (4.23%), Vitamin B5: 0.37mg (3.7%), Vitamin K: 3.85µg (3.67%), Vitamin C: 2.51mg (3.05%), Vitamin B6: 0.05mg (2.74%), Vitamin B3: 0.49mg (2.45%)