

Butterscotch Bars

READY IN



45 min.

SERVINGS



16

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butterscotch morsels
- ☐ 2 large egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup stick margarine softened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Beat sugars and butter at medium speed of a mixer until well-blended (about 4 minutes).
- ☐ Add egg whites and vanilla; beat well. Lightly spoon the flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, baking powder, and salt; stir well with a whisk.
- ☐ Add flour mixture to sugar mixture; beat at low speed just until blended.
- ☐ Spread batter evenly into an 8-inch square baking pan coated with cooking spray; sprinkle evenly with morsels.
- ☐ Bake at 350 for 28 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.57, Glycemic Load:14.08, Inflammation Score:-1, Nutrition Score:1.9460869737617%

Nutrients (% of daily need)

Calories: 172.68kcal (8.63%), Fat: 6.19g (9.52%), Saturated Fat: 3.2g (20%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 27.44g (9.98%), Sugar: 20.14g (22.38%), Cholesterol: 0mg (0%), Sodium: 102.98mg (4.48%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Protein: 1.73g (3.47%), Selenium: 4.39µg (6.28%), Vitamin B1: 0.08mg (5.25%), Folate: 18.25µg (4.56%), Vitamin B2: 0.08mg (4.54%), Manganese: 0.07mg (3.63%), Vitamin B3: 0.6mg (2.98%), Iron: 0.53mg (2.95%), Vitamin A: 132.34IU (2.65%), Calcium: 19.65mg (1.96%), Phosphorus: 18.35mg (1.83%), Vitamin E: 0.19mg (1.29%), Fiber: 0.26g (1.06%), Potassium: 35.22mg (1.01%)