



Butterscotch bars

READY IN



50 min.

SERVINGS



12

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 140 g butter for the tin
- ☐ 2 large eggs
- ☐ 350 g g muscovado sugar light
- ☐ 2 tsp vanilla extract
- ☐ 250 g self raising flour
- ☐ 100 g chocolate green cut in big chunks (we used & Black's)
- ☐ 100 g pecans coarsely chopped

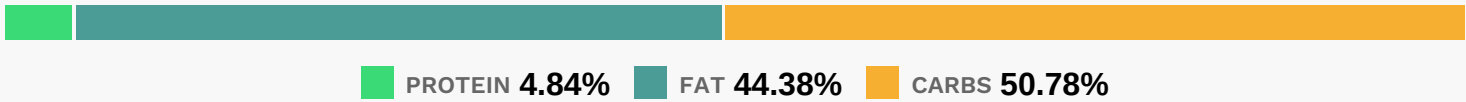
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to fan 160C/conventional 180C/gas
- ☐ Melt the butter in a small bowl and leave to cool. Butter a shallow tin about 20 x 24cm. In another bowl, beat the eggs. Melt the butter, then add to eggs with the sugar and vanilla. Tip in the flour and stir in with the chocolate and three-quarters of the nuts. Dont over-beat.
- ☐ Spread the mixture in the tin, scatter over the rest of the nuts and bake for 25–30 minutes, then cut into 12 bars. Dust with icing sugar.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:11.78, Inflammation Score:-3, Nutrition Score:5.8765217629464%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg 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: 383.46kcal (19.17%), Fat: 19.45g (29.92%), Saturated Fat: 8.5g (53.1%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 48.31g (17.57%), Sugar: 33.1g (36.78%), Cholesterol: 56.08mg (18.69%), Sodium: 96.83mg (4.21%), Alcohol: 0.24g (100%), Alcohol %: 0.35% (100%), Caffeine: 5.5mg (1.83%), Protein: 4.77g (9.54%), Manganese: 0.6mg (30.19%), Selenium: 11.85µg (16.92%), Copper: 0.21mg (10.3%), Phosphorus: 76.05mg (7.61%), Magnesium: 28.65mg (7.16%), Fiber: 1.76g (7.03%), Vitamin A: 341.63IU (6.83%), Iron: 0.98mg (5.47%), Zinc: 0.81mg (5.38%), Vitamin B1: 0.08mg (5.16%), Vitamin B2: 0.09mg (5.06%), Calcium: 42.71mg (4.27%), Vitamin E: 0.58mg (3.87%), Potassium: 133.29mg (3.81%), Vitamin B5: 0.35mg (3.48%), Folate: 13.52µg (3.38%), Vitamin B6: 0.06mg (2.77%), Vitamin B3: 0.41mg (2.04%), Vitamin K: 1.72µg (1.64%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.17µg (1.11%)