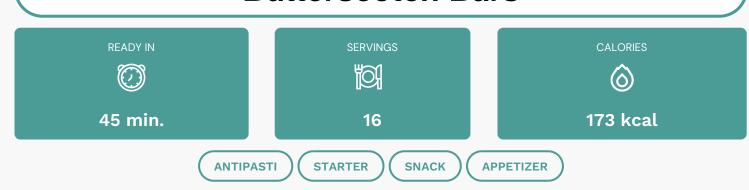


## **Butterscotch Bars**



## Ingredients

0.5 teaspoon double-acting baking powder
0.5 cup brown sugar packed
0.5 cup butterscotch topping
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

Eq	uipment
	frying pan
	oven
	knife
	whisk
	wire rack
	blender
	baking pan
	measuring cup
Di	rections
	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
	PROTEIN 4% FAT 32.11% CARBS 63.89%
Properties	

## **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: Omg (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%)