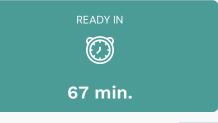
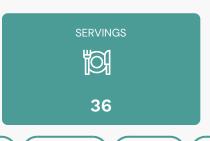
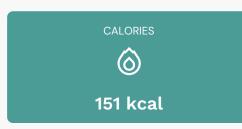


Butterscotch Bars

Vegetarian







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

Ш	0.5 teaspoon baking soda
	1 cup brown sugar packed
	5 tablespoons butter melted
	8 ounces butterscotch morsels
	1 large eggs lightly beaten
	2 cups flour all-purpose
П	2.5 cups quick-cooking oats

0.1 teaspoon salt

	0.5 teaspoon salt
	0.8 cup condensed milk fat-free sweetened
	1 teaspoon vanilla extract
	0.5 cup walnuts toasted finely chopped
Ec	uipment
	bowl
	frying pan
	oven
	knife
	wire rack
	baking pan
	microwave
	measuring cup
Di	rections
	Preheat oven to 35
	Combine sugar and butter in a large bowl. Stir in vanilla and egg. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
	Combine flour, oats, 1/2 teaspoon salt, and baking soda in a bowl.
	Add oat mixture to sugar mixture; stir with a fork until combined (mixture will be crumbly).
	Place 3 cups oat mixture into the bottom of a 13 x 9-inch baking pan coated with cooking spray; press into bottom of pan. Set aside.
	Place sweetened condensed milk, butterscotch morsels, and 1/8 teaspoon salt in a microwave-safe bowl; microwave at HIGH 1 minute or until butterscotch morsels melt, stirring every 20 seconds. Stir in walnuts. Scrape mixture into pan, spreading evenly over crust.
	Sprinkle evenly with remaining oat mixture, gently pressing into butterscotch mixture.
	Bake at 350 for 30 minutes or until the topping is golden brown.
	Place pan on a cooling rack; run a knife around outside edge. Cool completely.

Nutrition Facts

Properties

Glycemic Index:9.19, Glycemic Load:10.66, Inflammation Score:-2, Nutrition Score:3.5460869857798%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 150.69kcal (7.53%), Fat: 5.61g (8.62%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 22.25g (8.09%), Sugar: 13.78g (15.32%), Cholesterol: 11.51mg (3.84%), Sodium: 85.81mg (3.73%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 2.58g (5.16%), Manganese: 0.35mg (17.51%), Selenium: 5.89µg (8.42%), Vitamin B1: 0.1mg (6.52%), Phosphorus: 60.46mg (6.05%), Magnesium: 22.04mg (5.51%), Vitamin B2: 0.08mg (4.82%), Folate: 17.64µg (4.41%), Iron: 0.72mg (3.98%), Fiber: 0.83g (3.3%), Calcium: 31.88mg (3.19%), Copper: 0.06mg (3.09%), Vitamin B3: 0.5mg (2.5%), Zinc: 0.37mg (2.45%), Potassium: 73.12mg (2.09%), Vitamin B5: 0.17mg (1.68%), Vitamin A: 73.5IU (1.47%), Vitamin B6: 0.03mg (1.33%), Vitamin E: 0.17mg (1.12%)