



## Butterscotch Bars

 Vegetarian

READY IN



67 min.

SERVINGS



36

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 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
- ☐ 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

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 350
- ☐ 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



 **PROTEIN 6.74%**  **FAT 32.96%**  **CARBS 60.3%**

## 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%)