



Butterscotch Bars I

READY IN



45 min.

SERVINGS



60

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup brown sugar packed
- 2 cups butterscotch chips
- 3 cups zwieback cracker crumbs
- 1 cup evaporated milk
- 2 cups marshmallows miniature
- 1 cup pecans chopped
- 0.5 teaspoon vanilla extract

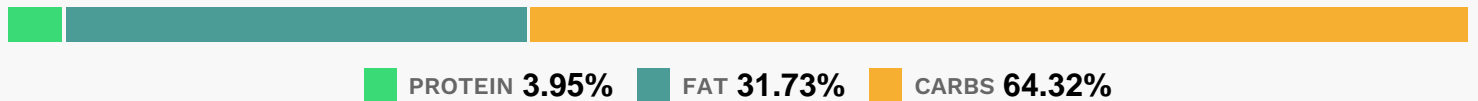
Equipment

- bowl
- sauce pan
- baking pan

Directions

- In a large bowl combine zwieback crumbs, marshmallows, nuts and brown sugar.
- In a saucepan over low heat cook the evaporated milk and butterscotch chips. Stir mixture constantly until the chips have melted and the mixture is smooth. Reserve 1/2 cup of the butterscotch mixture for glaze.
- Combine the remainder with the dry mixture and mix well.
- Spread batter into one 8 inch square buttered baking pan.
- Drizzle reserved butterscotch mixture over the top. Refrigerate bars for several hours or overnight before cutting and serving. Store leftovers in a covered container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:1.0873913054719%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 69.82kcal (3.49%), Fat: 2.51g (3.86%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 11.21g (4.08%), Sugar: 8.64g (9.59%), Cholesterol: 1.73mg (0.58%), Sodium: 55.09mg (2.4%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 0.7g (1.41%), Manganese: 0.1mg (5%), Phosphorus: 22.04mg (2.2%), Calcium: 19.16mg (1.92%), Vitamin B1: 0.03mg (1.86%), Vitamin K: 1.61µg (1.53%), Copper: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.44%), Iron: 0.21mg (1.17%), Magnesium: 4.03mg (1.01%)