



Butterscotch cookies

 Popular

READY IN



30 min.

SERVINGS



10

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 100 g butter unsalted softened for the baking sheet
- ☐ 100 g brown sugar light soft
- ☐ 2 tbsp golden syrup
- ☐ 175 g self-raising flour
- ☐ 25 g rice cereal such as rice krispies
- ☐ 10 servings chocolate chips dark for decoration

Equipment

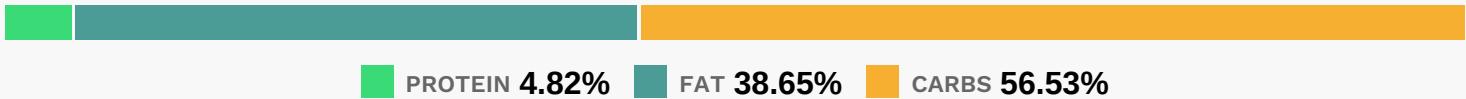
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ In a large bowl, beat together the butter, sugar and golden syrup until smooth.
- ☐ Sift in the flour and mix together, then fold through the puffed rice cereal.
- ☐ Roll into walnut-sized balls and place, well spaced, on a lightly buttered baking sheet. Decorate each ball with a few chocolate chips.
- ☐ Bake for 15-20 mins until golden. Leave on the baking sheet for 1 min before removing to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:10.42, Inflammation Score:-2, Nutrition Score:2.1956521807967%

Nutrients (% of daily need)

Calories: 201.93kcal (10.1%), Fat: 8.74g (13.44%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 28.26g (10.28%), Sugar: 13.59g (15.1%), Cholesterol: 21.51mg (7.17%), Sodium: 5.45mg (0.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Selenium: 7.48µg (10.69%), Manganese: 0.15mg (7.34%), Vitamin A: 250.35IU (5.01%), Folate: 10.23µg (2.56%), Phosphorus: 23.99mg (2.4%), Copper: 0.05mg (2.3%), Vitamin E: 0.32mg (2.13%), Fiber: 0.49g (1.97%), Vitamin B1: 0.03mg (1.77%), Iron: 0.31mg (1.75%), Calcium: 16.58mg (1.66%), Magnesium: 6.59mg (1.65%), Zinc: 0.22mg (1.49%), Vitamin B3: 0.29mg (1.44%), Vitamin B2: 0.02mg (1.31%), Potassium: 42.43mg (1.21%), Vitamin B5: 0.11mg (1.08%)