



## Butterscotch Corn Flake Cashew Drops

 Dairy Free

READY IN



12 min.

SERVINGS



32

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 cup butterscotch chips
- ☐ 3 cups corn flakes
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 cup roasted cashews chopped

### Equipment

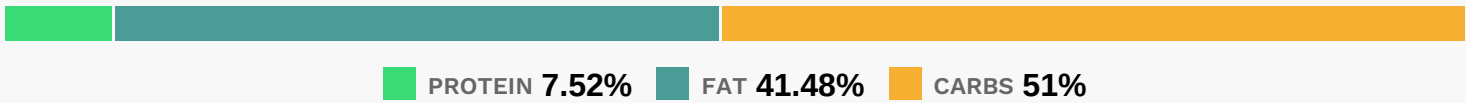
- ☐ bowl
- ☐ wax paper
- ☐ microwave

spatula

## Directions

- Combine the peanut butter and butterscotch chips and heat over a very low heat until melted. Alternatively, you can do this in a microwave–safe bowl using 50% power and stirring every 30 seconds.
- Mix together the melted chips, cereal and nuts with a rubber spatula. Working quickly, drop by spoonfuls onto a tray lined with parchment or wax paper. Chill until set.

## Nutrition Facts



## Properties

Glycemic Index:0.44, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.3121739405653%

## Nutrients (% of daily need)

Calories: 66.75kcal (3.34%), Fat: 3.2g (4.93%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.55g (3.11%), Sugar: 4.95g (5.5%), Cholesterol: 0.48mg (0.16%), Sodium: 49.24mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Iron: 1.05mg (5.84%), Copper: 0.11mg (5.44%), Vitamin B3: 0.8mg (3.99%), Magnesium: 15.56mg (3.89%), Folate: 14.06µg (3.51%), Manganese: 0.07mg (3.47%), Vitamin B6: 0.07mg (3.34%), Vitamin B1: 0.05mg (3.14%), Vitamin B2: 0.05mg (3.13%), Phosphorus: 30.54mg (3.05%), Vitamin B12: 0.13µg (2.19%), Zinc: 0.32mg (2.15%), Vitamin E: 0.23mg (1.54%), Vitamin K: 1.51µg (1.44%), Fiber: 0.31g (1.25%), Selenium: 0.83µg (1.19%), Potassium: 40.13mg (1.15%), Vitamin A: 52.19IU (1.04%)