



Butterscotch Drops

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce butterscotch morsels
- 1 cup dry-roasted peanuts
- 1 cup shoestring potato sticks

Equipment

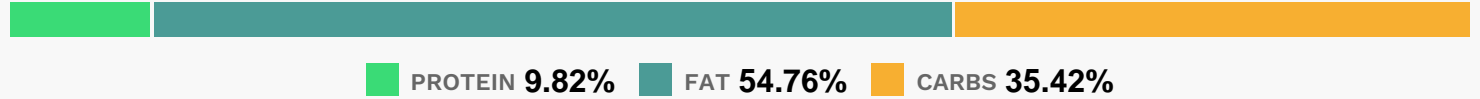
- sauce pan
- wax paper

Directions

Melt morsels in a saucepan over low heat. Stir in peanuts and potato sticks. Drop by teaspoonfuls onto wax paper, and cool completely.

* 1 (6-ounce) package peanut butter morsels may be substituted.

Nutrition Facts



Properties

Glycemic Index:4.79, Glycemic Load:3.18, Inflammation Score:-1, Nutrition Score:1.4747826068298%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 64.13kcal (3.21%), Fat: 4.04g (6.21%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.29g (1.92%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 26.54mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Manganese: 0.13mg (6.27%), Vitamin B3: 0.8mg (4.02%), Magnesium: 10.07mg (2.52%), Phosphorus: 24.58mg (2.46%), Fiber: 0.59g (2.35%), Potassium: 70.86mg (2.02%), Copper: 0.04mg (1.99%), Folate: 7.31µg (1.83%), Vitamin B6: 0.03mg (1.7%), Vitamin C: 1.38mg (1.68%), Vitamin B1: 0.02mg (1.46%)