



Butterscotch Fudge Bars

READY IN



37 min.

SERVINGS



12

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.7 cup brown sugar packed
- ☐ 1 cup butterscotch chips
- ☐ 1 ounce chocolate square unsweetened
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 dash salt
- ☐ 0.5 cup butter unsalted cubed
- ☐ 1 teaspoon vanilla extract pure

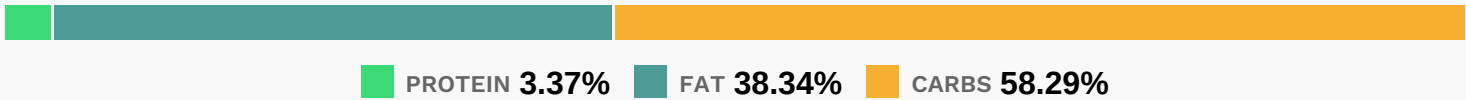
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ In a microwave, melt butter & chocolate, then stir until totally melted & blended.2 Stir in brown sugar until dissolved, then cool to lukewarm, before stirring in the egg & vanilla.3 Preheat oven to 350 degrees F, then grease a 9" square baking pan.4 In another bowl, whisk together the flour, baking powder & salt, then stir this mixture into the chocolate mixture until blended.5 Stir in the butterscotch chips before spreading the entire mixture into the prepared baking pan.6
- ☐ Bake 22 to 27 minutes or until a toothpick comes out with moist crumbs.7 Cool in the pan on a wire rack before cutting & serving.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:3.3382608190827%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 225.79kcal (11.29%), Fat: 9.83g (15.12%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 32.94g (11.98%), Sugar: 23.37g (25.97%), Cholesterol: 35.25mg (11.75%), Sodium: 104.43mg (4.54%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Protein: 1.94g (3.88%), Manganese: 0.18mg (8.98%), Selenium: 5.18µg (7.39%), Iron: 1.09mg (6.03%), Vitamin B1: 0.09mg (5.93%), Folate: 21.85µg (5.46%), Vitamin A: 270.33IU (5.41%), Copper: 0.1mg (5.08%), Vitamin B2: 0.08mg (4.49%), Calcium: 38.61mg (3.86%), Phosphorus: 38.18mg (3.82%), Vitamin B3: 0.67mg (3.34%), Magnesium: 11.88mg (2.97%), Fiber: 0.67g (2.7%), Zinc: 0.37mg (2.49%), Vitamin E: 0.29mg (1.91%), Potassium: 55.33mg (1.58%), Vitamin D: 0.22µg (1.43%), Vitamin B5: 0.13mg (1.33%)