



Butterscotch & Oat Bars

READY IN



45 min.

SERVINGS



24

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup very firmly brown sugar packed
- ☐ 1 cup butterscotch chips
- ☐ 1.3 cup rice cereal (Krispies)
- ☐ 1 large eggs
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons honey
- ☐ 1 cup walnuts nuts toasted chopped

- ☐ 1 cup quick-cooking oats instant
- ☐ 0.8 teaspoon salt salted
- ☐ 4 ounces butter unsalted
- ☐ 1 teaspoon vanilla extract

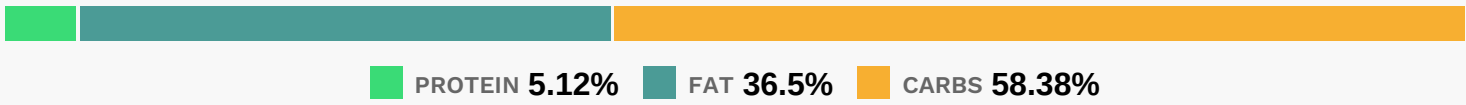
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. Line a 13×9 inch pan with foil and spray foil with cooking spray.Melt the butter in a microwave-safe mixing bowl. When melted, add the brown sugar to the hot butter and stir well. Stir in the granulated sugar, honey, vanilla and egg just until mixed. Beat in the baking powder and salt; stir in the flour. When well mixed, stir in the oats, cereal, nuts and butterscotch chips.
- ☐ Bake for 22 to 25 minutes or until bars appear set.
- ☐ Let cool completely in the pan, then lift from pan and cut into bars

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:6.74, Inflammation Score:-3, Nutrition Score:4.1608695465585%

Nutrients (% of daily need)

Calories: 187.17kcal (9.36%), Fat: 7.8g (11.99%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 27.02g (9.83%), Sugar: 18.32g (20.35%), Cholesterol: 18.88mg (6.29%), Sodium: 55.99mg (2.43%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 2.46g (4.92%), Manganese: 0.36mg (17.83%), Iron: 1.21mg (6.75%), Magnesium: 25.46mg (6.37%), Folate: 25.48µg (6.37%), Vitamin B1: 0.09mg (6.23%), Selenium: 4.09µg

(5.85%), Phosphorus: 57.03mg (5.7%), Copper: 0.11mg (5.4%), Vitamin B2: 0.08mg (4.61%), Vitamin B3: 0.9mg (4.5%), Fiber: 1.03g (4.13%), Zinc: 0.61mg (4.09%), Vitamin A: 167.26IU (3.35%), Vitamin B6: 0.06mg (2.87%), Calcium: 27.06mg (2.71%), Potassium: 73.91mg (2.11%), Vitamin B5: 0.19mg (1.91%), Vitamin B12: 0.11µg (1.76%), Vitamin E: 0.17mg (1.16%), Vitamin D: 0.16µg (1.1%)