



Chewy Scotch Bars

READY IN



45 min.

SERVINGS



30

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter melted
- ☐ 2 tablespoons butter
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 16 ounce brown sugar light
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semisweet chocolate morsels
- ☐ 14 ounce condensed milk sweetened canned

☐ 1 teaspoon vanilla extract

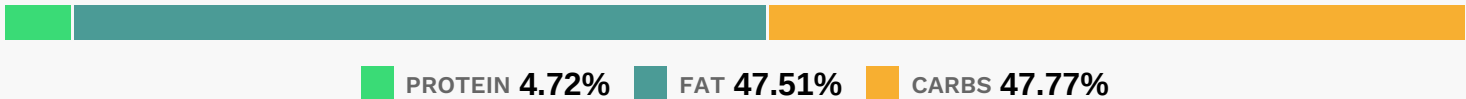
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Microwave first 3 ingredients in a 2-quart microwave-safe bowl at HIGH 1 1/2 minutes or until butter and chocolate melt, stirring twice.
- ☐ Stir together 1 cup melted butter and brown sugar.
- ☐ Add eggs, stirring until blended. Stir in chocolate mixture, flour, and next 3 ingredients.
- ☐ Pour into a greased 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean (do not overbake). Cool in pan on a wire rack; cut into bars.
- ☐ Serve with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:4.87, Glycemic Load:9.01, Inflammation Score:-4, Nutrition Score:5.6565216987029%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 291.11kcal (14.56%), Fat: 15.61g (24.01%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 33.77g (12.28%), Sugar: 26.46g (29.4%), Cholesterol: 17.62mg (5.87%), Sodium: 146.06mg (6.35%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Caffeine: 10.32mg (3.44%), Protein: 3.49g (6.98%), Manganese: 0.39mg (19.56%), Copper: 0.22mg (10.85%), Selenium: 7.13µg (10.19%), Phosphorus: 92.9mg (9.29%), Magnesium: 32.82mg (8.21%), Iron: 1.43mg (7.94%), Vitamin B2: 0.13mg (7.37%), Vitamin A: 365.4IU (7.31%), Vitamin B1: 0.11mg (7.16%), Calcium: 65.81mg (6.58%), Fiber: 1.53g (6.14%), Potassium: 169.42mg (4.84%), Folate: 19.31µg (4.83%), Zinc: 0.71mg (4.75%), Vitamin B3: 0.68mg (3.42%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.28mg (2.81%), Vitamin B12: 0.12µg (1.97%), Vitamin B6: 0.03mg (1.74%), Vitamin K: 1.11µg (1.05%)