



Chocolate-Butterscotch Chewy Crispy Bars

READY IN



45 min.

SERVINGS



20

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 0.5 cup butterscotch chips
- 1 cup chocolate chips
- 6 cups rice cereal
- 2 teaspoons milk fat-free
- 10 ounce marshmallows

Equipment

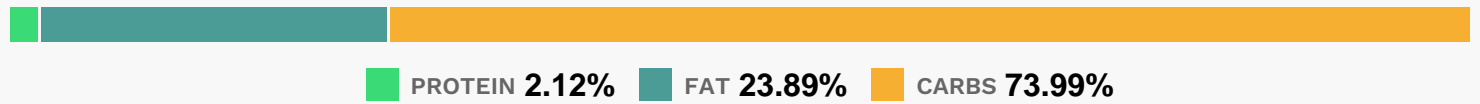
- frying pan

- knife
- microwave

Directions

- Melt butter and marshmallows over medium-low heat.
- Add cereal; toss well to combine. Press cereal mixture into a 13 x 9-inch pan coated with cooking spray. Microwave chocolate chips for 1 minute, stirring every 20 seconds.
- Spread over cereal mixture. Microwave butterscotch chips and milk 30 seconds; stir once. Dollop butterscotch mixture over chocolate; swirl with a knife. Chill.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:6.97, Inflammation Score:-3, Nutrition Score:4.8913044048392%

Nutrients (% of daily need)

Calories: 147.28kcal (7.36%), Fat: 4.03g (6.2%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 27.89g (10.14%), Sugar: 17.4g (19.34%), Cholesterol: 3.41mg (1.14%), Sodium: 102.69mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Iron: 2.73mg (15.17%), Folate: 60.21µg (15.05%), Manganese: 0.29mg (14.56%), Vitamin B2: 0.13mg (7.74%), Vitamin B12: 0.46µg (7.63%), Zinc: 1.14mg (7.59%), Vitamin B1: 0.11mg (7.57%), Vitamin B3: 1.51mg (7.55%), Vitamin B6: 0.15mg (7.53%), Vitamin A: 190.27IU (3.81%), Calcium: 37.99mg (3.8%), Selenium: 1.88µg (2.68%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.31µg (2.03%), Copper: 0.03mg (1.74%), Phosphorus: 14.04mg (1.4%), Vitamin B5: 0.12mg (1.23%), Potassium: 42.95mg (1.23%)