



Chocolate-Butterscotch-Nut Clusters



Gluten Free



Dairy Free

READY IN



54 min.

SERVINGS



30

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds whole toasted
- ☐ 0.5 cup butterscotch chips
- ☐ 0.3 cup roasted cashews salted
- ☐ 0.3 cup roasted peanuts unsalted
- ☐ 1.5 cups semi chocolate chips

Equipment

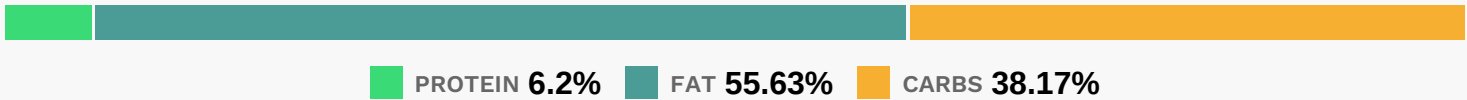
- ☐ baking sheet
- ☐ double boiler

- ☐ stove
- ☐ wax paper

Directions

- ☐ Place chocolate chips and butterscotch chips in top of a double boiler. Cook over simmering water until chips melt (about 10 minutes), stirring frequently.
- ☐ Remove from heat; stir in remaining ingredients.
- ☐ Drop by 2 level teaspoonfuls onto 2 large baking sheets lined with wax paper. Chill 30 minutes or until firm. Store, covered, in refrigerator.
- ☐ Tip: If you store nuts in the freezer, bring them to room temperature before stirring them into the chocolate mixture.
- ☐ Kids Can Help: This is an ideal recipe for older children to make themselves. For younger children, they'll just need a hand at the stove while melting the chocolate and butterscotch chips.

Nutrition Facts



Properties

Glycemic Index:0.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.2469565246416%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 83.69kcal (4.18%), Fat: 5.26g (8.1%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 7.11g (2.59%), Sugar: 5.69g (6.33%), Cholesterol: 0.8mg (0.26%), Sodium: 24.57mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.74mg (2.58%), Protein: 1.32g (2.64%), Manganese: 0.18mg (9.23%), Copper: 0.16mg (7.9%), Magnesium: 24.07mg (6.02%), Fiber: 1.01g (4.05%), Phosphorus: 39.46mg (3.95%), Iron: 0.71mg (3.94%), Vitamin E: 0.37mg (2.47%), Zinc: 0.37mg (2.44%), Potassium: 75.74mg (2.16%), Vitamin B3: 0.32mg (1.58%), Selenium: 1.05µg (1.5%), Vitamin B2: 0.02mg (1.28%), Calcium: 10.63mg (1.06%)