



Chocolate Butterscotch Squares

READY IN



45 min.

SERVINGS



24

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butterscotch chips
- 1.5 cups graham cracker crumbs
- 1 cup semi chocolate chips
- 14 ounce condensed milk sweetened canned
- 1 cup walnut pieces chopped

Equipment

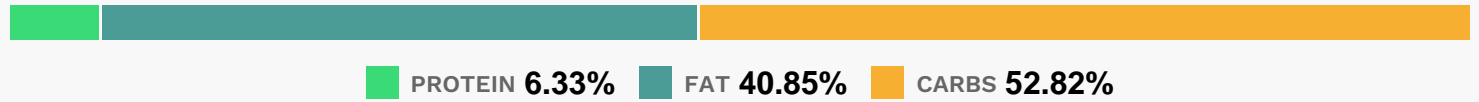
- bowl
- frying pan

- oven
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a 9x9 inch square pan with aluminum foil and grease generously.
- In a medium bowl, mix together the graham cracker crumbs, sweetened condensed milk, chocolate chips, butterscotch chips and walnuts until well blended. Press mixture into very well greased 9 inch square pan.
- Bake at 350 degrees F (175 degrees C) for 30–35 minutes. Cool for 45 minutes, remove from pan, peel off foil and cut into 1-1/2 inch squares.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:8.38, Inflammation Score:-2, Nutrition Score:3.8026087478451%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 178.35kcal (8.92%), Fat: 8.25g (12.69%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 24g (8%), Net Carbohydrates: 22.89g (8.33%), Sugar: 18.79g (20.87%), Cholesterol: 6.71mg (2.24%), Sodium: 84.14mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.88g (5.75%), Manganese: 0.27mg (13.34%), Phosphorus: 88.88mg (8.89%), Copper: 0.18mg (8.76%), Magnesium: 28.3mg (7.07%), Calcium: 60.82mg (6.08%), Vitamin B2: 0.09mg (5.5%), Selenium: 3.36µg (4.8%), Iron: 0.86mg (4.8%), Fiber: 1.11g (4.42%), Zinc: 0.61mg (4.09%), Potassium: 134.88mg (3.85%), Vitamin B1: 0.05mg (3.12%), Folate: 9.01µg (2.25%), Vitamin B6: 0.04mg (2.12%), Vitamin B3: 0.35mg (1.75%), Vitamin B5: 0.17mg (1.75%), Vitamin B12: 0.09µg (1.44%), Vitamin A: 55.96IU (1.12%)