



Chocolate Chip-Butterscotch Bars

READY IN



45 min.

SERVINGS



16

CALORIES



175 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 3 tablespoons butterscotch chips
- 2 large eggs
- 1.3 cups flour all-purpose
- 0.5 cup granulated sugar
- 3 tablespoons pecans chopped
- 0.3 teaspoon salt

- 0.3 cup semi chocolate chips divided
- 1 teaspoon vanilla extract

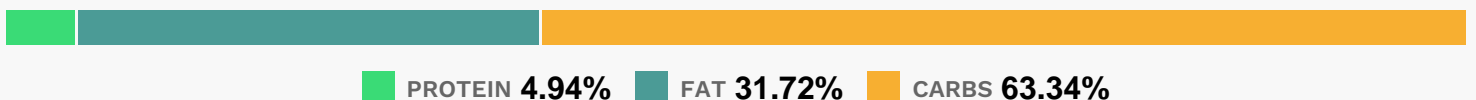
Equipment

- bowl
- frying pan
- oven
- blender
- baking pan
- ziploc bags
- microwave

Directions

- Preheat oven to 35
- Combine first 3 ingredients in a large bowl; beat with a mixer at medium speed for 2 minutes or until mixture resembles damp sand.
- Add eggs, 1 at a time, beating well after each addition. Stir in vanilla.
- Stir together flour, baking powder, and salt in a bowl. Gradually add flour mixture, beating until blended. Stir in 3 tablespoons chocolate chips and butterscotch chips.
- Spread batter evenly into an 8-inch square baking pan coated with cooking spray.
- Sprinkle batter with nuts; lightly press into batter with fingers.
- Bake at 350 for 35 minutes or until a wooden pick inserted into center comes out clean. Cool in pan on a rack.
- Cut into 16 2- to 3-inch squares.
- Place remaining 1 tablespoon chips in a small heavy-duty zip-top plastic bag; seal. Microwave on high 1 minute or until melted. Snip a hole in 1 corner of bag; drizzle chocolate over bars.

Nutrition Facts



Properties

Glycemic Index:18.57, Glycemic Load:9.8, Inflammation Score:-2, Nutrition Score:3.0908695834324%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 174.69kcal (8.73%), Fat: 6.22g (9.57%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 27.28g (9.92%), Sugar: 19.15g (21.28%), Cholesterol: 31.61mg (10.54%), Sodium: 108.31mg (4.71%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 2.18g (4.36%), Manganese: 0.2mg (9.77%), Selenium: 5.73µg (8.19%), Vitamin B1: 0.09mg (6.23%), Folate: 21.4µg (5.35%), Vitamin B2: 0.08mg (4.96%), Iron: 0.86mg (4.75%), Copper: 0.08mg (4.01%), Phosphorus: 39.37mg (3.94%), Vitamin B3: 0.64mg (3.18%), Magnesium: 10.87mg (2.72%), Fiber: 0.67g (2.68%), Vitamin A: 131.12IU (2.62%), Calcium: 22.29mg (2.23%), Zinc: 0.32mg (2.14%), Vitamin B5: 0.18mg (1.77%), Potassium: 53.42mg (1.53%), Vitamin E: 0.2mg (1.35%), Vitamin B6: 0.02mg (1.14%), Vitamin B12: 0.07µg (1.11%)