



Chocolate Scotcheros

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



15

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butterscotch chips
- 1 cup plus light
- 6 cups rice cereal crispy
- 1 cup peanut butter
- 1 cup semi chocolate chips
- 1 cup sugar white

Equipment

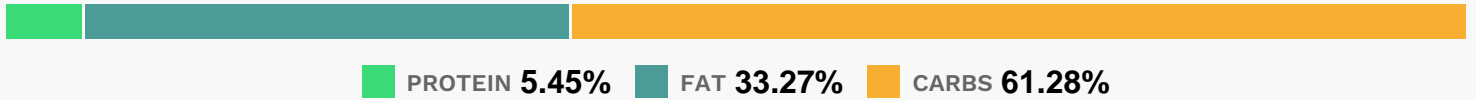
- bowl

- frying pan
- sauce pan
- baking pan
- microwave

Directions

- Butter a 9x13 inch baking pan.
- In a saucepan over medium heat, combine the sugar and corn syrup, and bring to a rolling boil.
- Remove from heat, and stir in peanut butter.
- Mix in the rice cereal until evenly coated. Press the mixture into the prepared pan.
- In a glass bowl in the microwave, melt the chocolate and butterscotch chips, stirring occasionally until smooth and well blended.
- Spread over the top of the bars. Chill until set, then cut into bars.

Nutrition Facts



Properties

Glycemic Index:6.87, Glycemic Load:13.05, Inflammation Score:-3, Nutrition Score:5.8713043733783%

Nutrients (% of daily need)

Calories: 360.74kcal (18.04%), Fat: 13.92g (21.41%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 57.67g (19.22%), Net Carbohydrates: 55.78g (20.28%), Sugar: 46.1g (51.22%), Cholesterol: 1.74mg (0.58%), Sodium: 133.9mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 5.13g (10.26%), Manganese: 0.41mg (20.59%), Vitamin B3: 2.65mg (13.26%), Magnesium: 52.66mg (13.16%), Copper: 0.24mg (12.04%), Vitamin E: 1.66mg (11.04%), Phosphorus: 98.43mg (9.84%), Fiber: 1.89g (7.56%), Iron: 1.28mg (7.1%), Folate: 26.29µg (6.57%), Zinc: 0.95mg (6.32%), Vitamin B1: 0.08mg (5.02%), Potassium: 174.54mg (4.99%), Vitamin B6: 0.08mg (4.02%), Selenium: 2.8µg (4.01%), Vitamin B2: 0.06mg (3.7%), Vitamin B5: 0.22mg (2.19%), Calcium: 20.08mg (2.01%)