

Chow Mein Clusters

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



161 kcal

DESSERT

Ingredients

- 2 cups butterscotch chips
- 2 cups chow mein noodles
- 1 cup peanuts salted

Equipment

- double boiler

Directions

- In a double boiler over simmering water, melt the butterscotch morsels, stirring frequently until smooth.
- Remove from heat, and stir in the chow mien noodles and peanuts.
- Drop by teaspoonfuls onto waxed paper. Refrigerate until firm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6886956345128%

Nutrients (% of daily need)

Calories: 161.03kcal (8.05%), Fat: 3.8g (5.85%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 26g (9.45%), Sugar: 11.76g (13.06%), Cholesterol: 1.27mg (0.43%), Sodium: 204.96mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.05%), Manganese: 0.14mg (7.17%), Fiber: 1.6g (6.39%), Vitamin B3: 0.91mg (4.54%), Iron: 0.77mg (4.29%), Magnesium: 10.22mg (2.56%), Phosphorus: 23.68mg (2.37%), Copper: 0.04mg (2.02%), Folate: 7.66µg (1.92%), Vitamin B1: 0.02mg (1.4%), Potassium: 47.63mg (1.36%)