



Janet's Scotcheroos

READY IN



70 min.

SERVINGS



24

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butterscotch morsels
- 1 cup creamy peanut butter (I used Peter Pan)
- 1 cup granulated sugar
- 1 cup milk chocolate morsels
- 1 cup karo syrup light
- 6 cups special k

Equipment

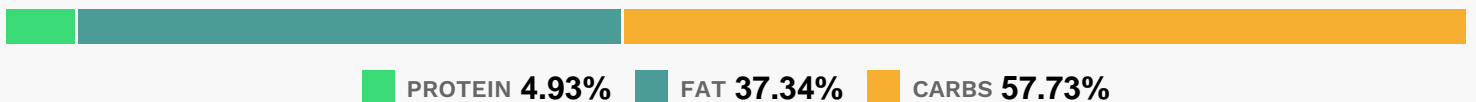
- bowl

- frying pan
- sauce pan
- mixing bowl
- aluminum foil
- microwave
- cutting board

Directions

- Line a 13×9 inch metal pan with non-stick foil or line with regular foil and spray with cooking spray.
- Put the cereal in a big mixing bowl and set aside.
- Combine the sugar and corn syrup in a small saucepan and cook over medium heat to dissolve the sugar.
- Mixture will go from foggy to clear.
- Remove from heat and stir in the peanut butter.
- Pour over the cereal and stir well. Press tightly into pan. In a bowl set over barely simmering water or using a low setting on microwave, melt the butterscotch chips and chocolate chips together.
- Pour the melted chip mixture over the krispies and let chocolate cool and set. This should take a few hours. You can speed things up by refrigerating, but the bars will be a little harder to slice. When set, lift foil from pan and set bars on a cutting board. cut into squares. Line a 13×9 inch metal pan with non-stick foil or line with regular foil and spray with cooking spray.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:11.8, Inflammation Score:-5, Nutrition Score:6.6952173580294%

Nutrients (% of daily need)

Calories: 274.24kcal (13.71%), Fat: 11.93g (18.35%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 40.95g (14.89%), Sugar: 32.41g (36.01%), Cholesterol: 0mg (0%), Sodium: 105.82mg (4.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Vitamin E: 2.94mg (19.59%), Vitamin B3: 2.7mg (13.48%), Folate: 52.09µg (13.02%), Iron: 2.33mg (12.94%), Manganese: 0.25mg (12.46%), Vitamin B6: 0.21mg (10.73%), Vitamin B1: 0.14mg (9.39%), Vitamin A: 465.78IU (9.32%), Vitamin B12: 0.52µg (8.67%), Vitamin B2: 0.12mg (7.24%), Vitamin C: 4.45mg (5.39%), Magnesium: 20.77mg (5.19%), Phosphorus: 49.6mg (4.96%), Copper: 0.06mg (2.96%), Selenium: 2.05µg (2.92%), Vitamin D: 0.43µg (2.89%), Potassium: 100.07mg (2.86%), Zinc: 0.39mg (2.58%), Calcium: 25.36mg (2.54%), Fiber: 0.54g (2.18%), Vitamin B5: 0.18mg (1.77%)