



## Kellogg's® Chocolate Scotcheros

 Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup butterscotch chips
- 6 cups kellogg's® cocoa cereal rice krispies®
- 1 cup plus light
- 1 cup peanut butter
- 1 cup bittersweet chocolate
- 1 cup sugar

## Equipment

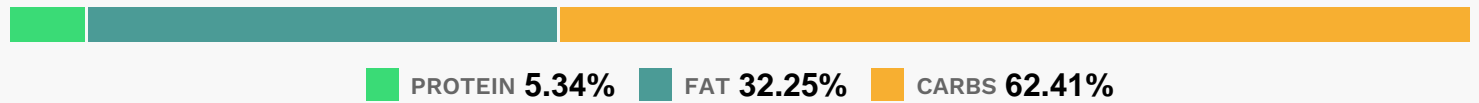
- frying pan

sauce pan

## Directions

- Place corn syrup and sugar into 3-quart saucepan. Cook over medium heat, stirring frequently, until sugar dissolves and mixture begins to boil.
- Remove from heat. Stir in peanut butter.
- Mix well.
- Add Kellogg's® Rice Krispies® cereal. Stir until well coated. Press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Set aside.
- Melt chocolate and butterscotch chips together in 1-quart saucepan over low heat, stirring constantly.
- Spread evenly over cereal mixture.
- Let stand until firm.
- Cut into 2 x 1-inch bars when cool.

## Nutrition Facts



## Properties

Glycemic Index:4.3, Glycemic Load:8.15, Inflammation Score:-4, Nutrition Score:7.1156522191089%

## Nutrients (% of daily need)

Calories: 240.85kcal (12.04%), Fat: 9.04g (13.91%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 37.76g (13.73%), Sugar: 32.08g (35.65%), Cholesterol: 1.08mg (0.36%), Sodium: 134.2mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.81mg (2.27%), Protein: 3.37g (6.74%), Vitamin B3: 3.16mg (15.78%), Manganese: 0.29mg (14.39%), Iron: 2.15mg (11.97%), Zinc: 1.79mg (11.91%), Vitamin B6: 0.22mg (10.84%), Folate: 42.54µg (10.64%), Vitamin B1: 0.15mg (10.16%), Vitamin B2: 0.17mg (10.05%), Magnesium: 36.45mg (9.11%), Vitamin B12: 0.52µg (8.62%), Phosphorus: 75.45mg (7.55%), Copper: 0.15mg (7.51%), Vitamin E: 1.09mg (7.28%), Fiber: 1.61g (6.45%), Calcium: 45.3mg (4.53%), Potassium: 126.97mg (3.63%), Vitamin A: 177.41IU (3.55%), Selenium: 1.83µg (2.61%), Vitamin C: 2mg (2.42%), Vitamin D: 0.33µg (2.22%), Vitamin B5: 0.17mg (1.71%)