

Nordy Bars

READY IN



45 min.

SERVINGS



30

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 0.5 cup butter
- 2 cups butterscotch chips
- 2 eggs
- 1.5 cups flour all-purpose
- 2 cups marshmallows miniature
- 0.5 teaspoon salt
- 2 cups semi chocolate chips

- 2 teaspoons vanilla extract
- 1 cup walnut pieces chopped

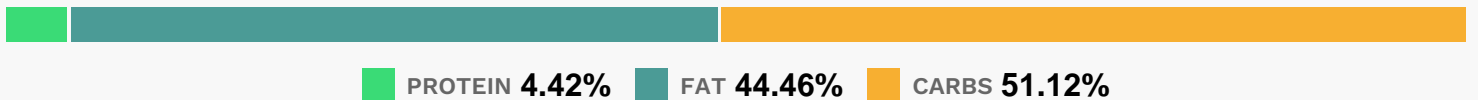
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 13x9 inch baking pan.
- In a medium sized saucepan, melt the butter or margarine over medium heat.
- Add the butterscotch chips and brown sugar. Stir until melted.
- Remove pan from heat and stir in the eggs.
- Add the flour, baking powder and salt.
- Mix thoroughly and stir in the vanilla. Set aside to cool.
- Once cool stir in the chocolate chips, marshmallows and chopped nuts.
- Spread batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 25 to 28 minutes.
- Remove from oven and let cool thoroughly before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:5.21, Inflammation Score:-2, Nutrition Score:4.1686956751282%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 218.81kcal (10.94%), Fat: 10.93g (16.81%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 26.88g (9.78%), Sugar: 19.17g (21.3%), Cholesterol: 20.79mg (6.93%), Sodium: 144.95mg (6.3%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Caffeine: 10.32mg (3.44%), Protein: 2.44g (4.89%), Manganese: 0.34mg (16.95%), Copper: 0.23mg (11.41%), Magnesium: 29.59mg (7.4%), Iron: 1.28mg (7.1%), Phosphorus: 64.55mg (6.45%), Selenium: 4.43µg (6.32%), Fiber: 1.39g (5.58%), Vitamin B1: 0.07mg (4.6%), Folate: 16.82µg (4.21%), Zinc: 0.54mg (3.58%), Vitamin B2: 0.06mg (3.49%), Calcium: 34.07mg (3.41%), Potassium: 102.72mg (2.93%), Vitamin B3: 0.52mg (2.63%), Vitamin A: 128.5IU (2.57%), Vitamin B6: 0.03mg (1.73%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.4%), Vitamin K: 1.3µg (1.23%)