



## Peanut Butterscotch and Toasted Pecan Krispies

READY IN



45 min.

SERVINGS



16

CALORIES



158 kcal

### Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.8 cup butterscotch chips
- ☐ 0.5 cup crunchy peanut butter
- ☐ 2 cups marshmallows mini packed (slightly )
- ☐ 0.5 cup pecans toasted chopped
- ☐ 2.5 cups rice krispies
- ☐ 1 teaspoon vanilla extract

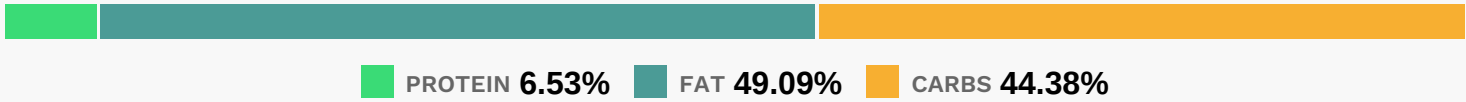
### Equipment

- ☐ frying pan
- ☐ loaf pan
- ☐ aluminum foil

## Directions

- ☐ Line a 9×5 inch loaf pan or an 8 inch square pan with nonstick foil.
- ☐ Mix the cereal, pecans and butterscotch chips together and set aside.In a 3 quart nonstick pan, melt the butter.
- ☐ Add the marshmallows and stir until they are melted, then stir in the peanut butter.
- ☐ Remove from heat and add the vanilla. Stir in the cereal mixture. Empty into pan and press down firmly. Chill the bars at room temperature for about half an hour. Lift from pan and score into 16 bars or squares.

## Nutrition Facts



## Properties

Glycemic Index:7.53, Glycemic Load:3.09, Inflammation Score:-4, Nutrition Score:5.3056521247263%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 158.27kcal (7.91%), Fat: 8.97g (13.8%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 17.25g (6.27%), Sugar: 11.29g (12.55%), Cholesterol: 6.36mg (2.12%), Sodium: 115.3mg (5.01%), Alcohol: 0.09g (100%), Alcohol %: 0.33% (100%), Protein: 2.68g (5.37%), Manganese: 0.36mg (17.82%), Vitamin E: 1.79mg (11.92%), Vitamin B3: 1.94mg (9.69%), Iron: 1.59mg (8.81%), Folate: 35µg (8.75%), Vitamin A: 366.5IU (7.33%), Vitamin B1: 0.11mg (7.31%), Vitamin B6: 0.14mg (7.2%), Vitamin B12: 0.32µg (5.35%), Copper: 0.1mg (5.1%), Magnesium: 18.41mg (4.6%), Vitamin B2: 0.07mg (4.25%), Phosphorus: 41.85mg (4.18%), Fiber: 1g (3.98%), Vitamin C: 2.81mg (3.4%), Zinc: 0.45mg (3.02%), Selenium: 1.83µg (2.61%), Potassium: 81.05mg (2.32%), Vitamin D: 0.27µg (1.81%), Vitamin B5: 0.15mg (1.49%)