



Rich Butterscotch Bars

READY IN



45 min.

SERVINGS



36

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter cubed
- 10 ounces butterscotch chips
- 8 ounces cream cheese softened
- 1 eggs
- 2 cups graham cracker crumbs (32 squares)
- 1 cup pecans chopped
- 14 ounces condensed milk sweetened canned
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- wire rack
- baking pan
- toothpicks
- microwave

Directions

- In a microwave, melt chips and butter; stir until smooth.
- Add cracker crumbs; set aside 2/3 cup. Press the remaining crumb mixture into a greased 13-in. x 9-in. baking pan.
- In a small bowl, beat cream cheese until smooth. Beat in the milk, egg and vanilla. Stir in pecans.
- Pour over the crust.
- Sprinkle with reserved crumb mixture.
- Bake at 325° for 30–35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Store in the refrigerator.

Nutrition Facts



PROTEIN 5.23% **FAT 50.1%** **CARBS 44.67%**

Properties

Glycemic Index:6.17, Glycemic Load:6.28, Inflammation Score:-2, Nutrition Score:2.3913043245025%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-

gallate: 0.07mg

Nutrients (% of daily need)

Calories: 153.61kcal (7.68%), Fat: 8.71g (13.39%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 17.02g (6.19%), Sugar: 13.79g (15.32%), Cholesterol: 22.15mg (7.38%), Sodium: 117.35mg (5.1%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 2.05g (4.09%), Manganese: 0.14mg (6.91%), Phosphorus: 55.71mg (5.57%), Vitamin B2: 0.08mg (4.91%), Calcium: 45mg (4.5%), Vitamin A: 209IU (4.18%), Selenium: 2.74µg (3.92%), Vitamin B1: 0.04mg (2.91%), Zinc: 0.39mg (2.59%), Magnesium: 10.07mg (2.52%), Copper: 0.04mg (2.08%), Potassium: 72.74mg (2.08%), Fiber: 0.45g (1.8%), Iron: 0.32mg (1.78%), Vitamin B5: 0.17mg (1.67%), Vitamin E: 0.21mg (1.38%), Folate: 5.26µg (1.32%), Vitamin B12: 0.08µg (1.31%), Vitamin B3: 0.24mg (1.22%), Vitamin B6: 0.02mg (1.12%)