

Salty Dogs

 Vegetarian

READY IN



20 min.

SERVINGS



24

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce butterscotch chips
- ☐ 0.5 bag caramel candies melted
- ☐ 1 cup marshmallow creme
- ☐ 2 cups cocktail peanuts salted coarsely chopped
- ☐ 0.5 cup powdered milk
- ☐ 1 teaspoon vanilla extract pure

Equipment

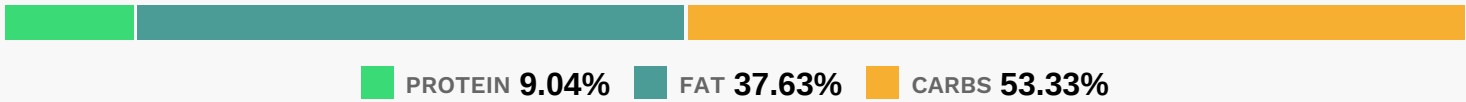
- ☐ bowl

☐ sauce pan

Directions

- ☐ In a medium saucepan, melt butterscotch chips until soft and pliable. To the butterscotch, add marshmallow cream and powdered milk, stir using spoon until well combined.
- ☐ Add vanilla and remove from heat, the mixture will be very thick.
- ☐ Transfer mixture into a bowl and knead with hands. Once well combined, take walnut sized pieces and form into finger shapes and place on waxed paper. Dip into melted caramel and roll immediately in chopped nuts, placing back on waxed paper to harden.
- ☐ Note: For variety you can dip them in melted chocolate.

Nutrition Facts



Properties

Glycemic Index:5.18, Glycemic Load:3.23, Inflammation Score:-2, Nutrition Score:4.1278260700081%

Nutrients (% of daily need)

Calories: 175.07kcal (8.75%), Fat: 7.64g (11.76%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 23.22g (8.44%), Sugar: 19.19g (21.32%), Cholesterol: 4.23mg (1.41%), Sodium: 81.02mg (3.52%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 4.13g (8.26%), Manganese: 0.32mg (16.17%), Vitamin B3: 1.96mg (9.82%), Folate: 30.4µg (7.6%), Phosphorus: 74.11mg (7.41%), Magnesium: 26.06mg (6.52%), Vitamin B1: 0.1mg (6.46%), Copper: 0.11mg (5.64%), Fiber: 1.16g (4.62%), Calcium: 45.13mg (4.51%), Potassium: 138.03mg (3.94%), Vitamin B2: 0.06mg (3.79%), Vitamin B5: 0.31mg (3.09%), Iron: 0.5mg (2.76%), Vitamin B6: 0.05mg (2.67%), Zinc: 0.38mg (2.56%), Selenium: 1.49µg (2.13%), Vitamin D: 0.28µg (1.87%), Vitamin B12: 0.1µg (1.71%)