



## Scotch Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup butterscotch morsels
- ☐ 2 large egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup graham cracker crumbs ( 5 cookie sheets)
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 cup quick-cooking oats

- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 tablespoon vegetable oil

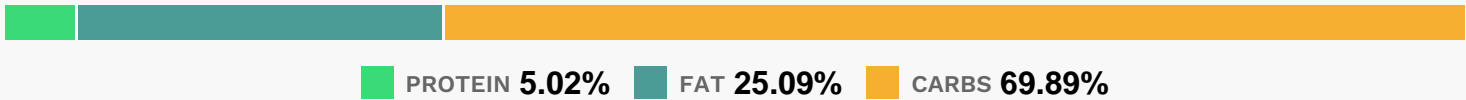
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through baking powder), stirring with a whisk. Set aside.
- ☐ Combine oil, vanilla, and egg whites, and add to the flour mixture, stirring just until blended. Lightly coat hands with cooking spray.
- ☐ Press the batter evenly into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 18 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan on a wire rack. Sift powdered sugar over top.

## Nutrition Facts



## Properties

Glycemic Index:22.88, Glycemic Load:8.55, Inflammation Score:-1, Nutrition Score:1.8682608427075%

## Nutrients (% of daily need)

Calories: 128.69kcal (6.43%), Fat: 3.6g (5.53%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 22.09g (8.03%), Sugar: 15.47g (17.18%), Cholesterol: 0mg (0%), Sodium: 77.01mg (3.35%), Alcohol: 0.13g (100%), Alcohol %: 0.49% (100%), Protein: 1.62g (3.24%), Manganese: 0.11mg (5.33%), Selenium: 2.93µg (4.18%), Vitamin B1: 0.05mg (3.54%), Vitamin B2: 0.06mg (3.4%), Iron: 0.58mg (3.22%), Phosphorus: 31.25mg (3.12%), Calcium: 30.58mg (3.06%), Folate: 10.43µg (2.61%), Magnesium: 10.26mg (2.57%), Vitamin B3: 0.46mg (2.31%), Vitamin K: 2.09µg (1.99%), Fiber: 0.44g (1.77%), Zinc: 0.2mg (1.3%), Potassium: 43.6mg (1.25%)