



Stay-Fresh Butterscotch Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 4.8 oz flour all-purpose
- ☐ 0.3 cup liquid glucose
- ☐ 0.5 scant teaspoon kosher salt – use half if using butter salted (Morton)
- ☐ 0.8 cups brown sugar light packed
- ☐ 0.3 cup pecans toasted coarsely chopped

- ☐ 0.3 cup butter unsalted
- ☐ 0.5 teaspoon vanilla extract

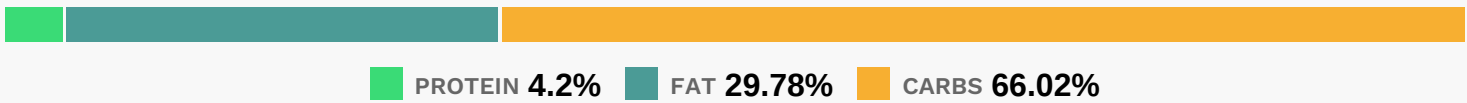
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325°F and line an 8 inch square metal pan with aluminum foil. Grease foil and set pan aside.Sift or stir together flour, baking powder, baking soda and salt; Set aside.Melt butter over medium heat in a small saucepan. Cook just until it starts to brown, then remove from heat and transfer to a medium size mixing bowl.
- ☐ Let cool slightly.
- ☐ Add brown sugar, glucose and vanilla extract. Beat with a hand-held electric mixer on medium speed until combined.
- ☐ Add the egg and beat on high speed for about 3 minutes or until the egg is fully incorporated and the batter is lighter in color and texture. By hand, stir in the flour mixture and nuts;
- ☐ Spread in prepared pan (damp fingertips help).
- ☐ Bake for 30 minutes until top is firm. Cool on wire rack.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:4.74, Inflammation Score:-1, Nutrition Score:2.2826086929797%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 141.79kcal (7.09%), Fat: 4.74g (7.3%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 23.23g (8.45%), Sugar: 12.82g (14.25%), Cholesterol: 19.25mg (6.42%), Sodium: 46.56mg (2.02%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.5g (3.01%), Manganese: 0.16mg (7.94%), Selenium: 4.08µg (5.83%), Vitamin B1: 0.08mg (5.45%), Folate: 17.7µg (4.42%), Vitamin B2: 0.06mg (3.55%), Iron: 0.59mg (3.27%), Vitamin B3: 0.54mg (2.71%), Phosphorus: 25.1mg (2.51%), Copper: 0.04mg (2.24%), Vitamin A: 106.67IU (2.13%), Calcium: 21.24mg (2.12%), Fiber: 0.43g (1.71%), Magnesium: 5.79mg (1.45%), Zinc: 0.2mg (1.33%), Vitamin B5: 0.12mg (1.21%), Potassium: 36.65mg (1.05%)