



Touchdown Butterscotch Dip

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 22 oz butterscotch chips
- ☐ 5 oz evaporated milk canned
- ☐ 3 servings apple and pear wedges
- ☐ 0.7 cup pecans chopped
- ☐ 1 tablespoon rum extract

Equipment

- ☐ slow cooker

Directions

- ☐ Combine butterscotch chips and evaporated milk in a slow cooker. Cover and cook on low setting for 45 to 50 minutes, or until chips are softened; stir until smooth. Stir in pecans and extract.
- ☐ Serve warm with fruit.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:7.49, Inflammation Score:-4, Nutrition Score:12.067391263402%

Flavonoids

Cyanidin: 6.02mg, Cyanidin: 6.02mg, Cyanidin: 6.02mg, Cyanidin: 6.02mg Delphinidin: 1.76mg, Delphinidin: 1.76mg, Delphinidin: 1.76mg, Delphinidin: 1.76mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg Epicatechin: 6.44mg, Epicatechin: 6.44mg, Epicatechin: 6.44mg, Epicatechin: 6.44mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 1138.66kcal (56.93%), Fat: 28.1g (43.24%), Saturated Fat: 7.99g (49.91%), Carbohydrates: 221.28g (73.76%), Net Carbohydrates: 213.81g (77.75%), Sugar: 189.25g (210.27%), Cholesterol: 32.41mg (10.8%), Sodium: 864.62mg (37.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Manganese: 1.17mg (58.73%), Fiber: 7.47g (29.89%), Copper: 0.44mg (21.82%), Phosphorus: 185.01mg (18.5%), Calcium: 163.53mg (16.35%), Vitamin B1: 0.23mg (15.13%), Vitamin B2: 0.26mg (15.13%), Magnesium: 52.27mg (13.07%), Potassium: 441.27mg (12.61%), Zinc: 1.81mg (12.09%), Vitamin C: 8.3mg (10.06%), Vitamin K: 9.06µg (8.63%), Vitamin A: 375.89IU (7.52%), Vitamin B6: 0.12mg (6.13%), Vitamin B5: 0.6mg (6%), Iron: 1.02mg (5.68%), Vitamin E: 0.8mg (5.34%), Folate: 20.73µg (5.18%), Selenium: 3.42µg (4.89%), Vitamin B3: 0.65mg (3.23%), Vitamin B12: 0.08µg (1.26%)