



## Tracy's Scotcheroots

READY IN



45 min.

SERVINGS



32

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 9 ounces butterscotch chips
- ☐ 6 cups special k cereal
- ☐ 1 cup plus light
- ☐ 1 cup creamy peanut butter
- ☐ 1 cup granulated sugar
- ☐ 9 ounces even milk chocolate chips dark
- ☐ 1 teaspoon vanilla extract

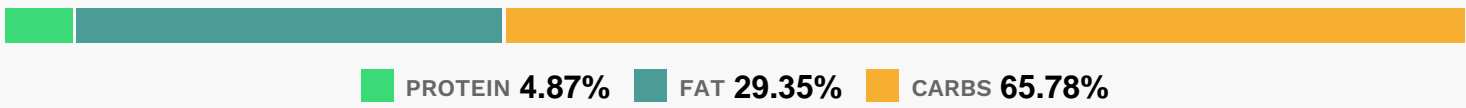
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ microwave
- ☐ cutting board

## Directions

- ☐ Line a 13×9 inch pan with nonstick foil. For a half batch, use an 8 inch pan.a large (3 quart) nonstick saucepan, combine sugar and corn syrup and heat just until mixture begins to boil and sugar starts to dissolve.
- ☐ Remove from heat and stir in peanut butter and vanilla. Stir until well blended, then stir in the cereal.Empty the mixture into the pan and press firmly to cover.
- ☐ Place chocolate and butterscotch chips in a microwave–safe bowl and heat on 50% power for about 2 minutes, stirring every 30 seconds, until melted and smooth. Alternatively, you can do this over a double–boiler.
- ☐ Spread over top of bars and refrigerate until chocolate is slightly firm.
- ☐ Remove from the refrigerator when set and return to room temperature (they are hard to cut when cold). Lift foil from pan and place on a cutting board.
- ☐ Cut into bars

## Nutrition Facts



## Properties

Glycemic Index:5.48, Glycemic Load:9.49, Inflammation Score:-4, Nutrition Score:6.0521738956804%

## Nutrients (% of daily need)

Calories: 198.35kcal (9.92%), Fat: 6.86g (10.55%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 32.83g (11.94%), Sugar: 27.65g (30.73%), Cholesterol: 0.72mg (0.24%), Sodium: 112.94mg (4.91%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.56g (5.12%), Manganese: 0.39mg (19.32%), Folate: 56.96µg (14.24%), Iron: 2.24mg (12.46%), Vitamin B3: 2.33mg (11.63%), Vitamin B6: 0.16mg (8.17%), Vitamin B1:

0.12mg (7.73%), Magnesium: 30.92mg (7.73%), Vitamin B2: 0.12mg (7.23%), Fiber: 1.76g (7.04%), Selenium: 4.43µg (6.33%), Vitamin B12: 0.38µg (6.25%), Phosphorus: 61.09mg (6.11%), Vitamin E: 0.8mg (5.33%), Zinc: 0.63mg (4.23%), Vitamin A: 195.47IU (3.91%), Copper: 0.07mg (3.6%), Potassium: 108.88mg (3.11%), Vitamin D: 0.25µg (1.65%), Vitamin B5: 0.15mg (1.51%), Calcium: 14.73mg (1.47%)