



Healthdor

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## Butterfinger Topping ♦

A delicious topping made with Butterfinger candy bars. It adds a sweet and crunchy element to any dessert.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 10

**Serving Size:** 10 g

### Ingredients

100 g butterfinger candy bars

### Directions

#### Step 1

Unwrap the Butterfinger candy bars.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 2

Crush the candy bars into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 20 g

**Protein:** 5 g

**Carbohydrates:** 70 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	70 g	127.27%	140%
Fibers	2 g	5.26%	8%
Sugars	50 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	40 mg	4%	4%
Iron	1 mg	12.5%	5.56%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

**Events**

Christmas

**Course**

Desserts

Salads

Snacks

## Cultural

Diwali

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

## Diet

Volumetrics Diet

Vegan Diet

Lacto-Ovo Vegetarian Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

The Cabbage Soup Diet

The Mayo Clinic Diet

The Hollywood Diet

The Grapefruit Diet

The Sleeping Beauty Diet

## Meal Type

Snack

Supper

## Difficulty Level

Easy

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