

## Apple Bars

 Vegetarian

READY IN



55 min.

SERVINGS



9

CALORIES



326 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup apples diced cored peeled finely
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

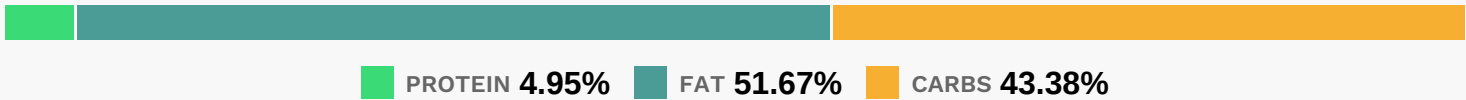
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x8-inch baking pan.
- ☐ In a large bowl, mix melted butter with sugar and egg.
- ☐ Mix in flour, baking soda, and cinnamon, and then stir in apple and walnuts.
- ☐ Spread batter into prepared pan.
- ☐ Bake for approximately 40 minutes, or until a small knife inserted in the center comes out clean.

# Nutrition Facts



# Properties

Glycemic Index:28.01, Glycemic Load:23.88, Inflammation Score:-4, Nutrition Score:6.1608695621076%

# Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

# Nutrients (% of daily need)

Calories: 326.32kcal (16.32%), Fat: 19.4g (29.85%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 34.95g (12.71%), Sugar: 24.03g (26.7%), Cholesterol: 45.3mg (15.1%), Sodium: 149.75mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Manganese: 0.58mg (29.22%), Copper: 0.24mg (11.81%), Vitamin B1: 0.16mg (10.56%), Folate: 41.26µg (10.32%), Selenium: 7.11µg (10.16%), Phosphorus: 74.36mg (7.44%), Vitamin B2: 0.12mg (7.22%), Vitamin A: 352.31IU (7.05%), Fiber: 1.7g (6.79%), Iron: 1.16mg (6.43%), Magnesium: 25.26mg (6.32%), Vitamin B3: 0.99mg (4.95%), Vitamin B6: 0.09mg (4.53%), Zinc: 0.59mg (3.9%), Vitamin E: 0.47mg (3.16%), Potassium: 98.23mg (2.81%), Calcium: 23.87mg (2.39%), Vitamin B5: 0.23mg (2.33%), Vitamin K: 1.66µg (1.59%), Vitamin B12: 0.06µg (1.08%)