



## Apple Butter Bars

 Vegetarian

READY IN



125 min.

SERVINGS



16

CALORIES



128 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 15 oz betty crocker's cake mix gluten free yellow
- ☐ 0.5 teaspoon vanilla gluten-free
- ☐ 0.5 cup butter cold
- ☐ 0.5 cup walnut pieces finely chopped
- ☐ 0.5 cup oats gluten-free
- ☐ 2 tablespoons butter cooled melted
- ☐ 1 cup spiced apple butter gluten-free

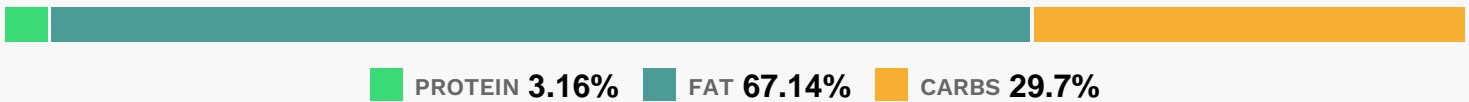
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Heat oven to 350°F. In medium bowl, combine cake mix and vanilla.
- ☐ Cut in 1/2 cup butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture is crumbly. Reserve 1 cup mixture for topping. In bottom of ungreased 8-inch square pan, press remaining crumb mixture.
- ☐ Bake 15 minutes. Meanwhile, stir walnuts, oats and melted butter into reserved crumb mixture.
- ☐ Spread apple butter evenly over partially baked crust to within 1 inch of edge.
- ☐ Sprinkle with reserved crumb mixture, pressing gently into apple butter.
- ☐ Bake 35 to 40 minutes or until center is set. Cool in pan on cooling rack 1 hour.
- ☐ Sprinkle with additional chopped walnuts, if desired.
- ☐ Cut into 4 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:2.0286956740462%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 127.78kcal (6.39%), Fat: 9.77g (15.04%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 8.96g (3.26%), Sugar: 6.36g (7.07%), Cholesterol: 19.01mg (6.34%), Sodium: 59.75mg (2.6%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 1.03g (2.07%), Manganese: 0.27mg (13.63%), Vitamin A: 225.61IU (4.51%), Copper: 0.08mg (4.11%), Fiber: 0.77g (3.06%), Phosphorus: 26.58mg (2.66%), Magnesium: 10.17mg (2.54%), Vitamin B1: 0.03mg (1.74%), Vitamin E: 0.25mg (1.67%), Selenium: 1.07µg (1.53%), Iron: 0.27mg (1.5%), Zinc:

0.22mg (1.49%), Vitamin B6: 0.03mg (1.45%), Potassium: 43.64mg (1.25%), Folate: 4.84µg (1.21%)