



Apple Butter Spice Bars

READY IN



60 min.

SERVINGS



12

CALORIES



437 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup spiced apple butter
- ☐ 1.3 cups apple juice
- ☐ 0.3 cup brown sugar packed
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup apples dried sliced chopped
- ☐ 3 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 ounce spiced cider drink mix
- ☐ 18.3 ounce spice cake mix

- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup walnuts chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375 degrees F. Spray a 9x13-inch baking pan with cooking spray.
- ☐ In a large bowl, combine dry cake mix and 1½ packets of the cider mix.
- ☐ Add apple juice, ¼ cup of the apple butter, the oil, and eggs; beat with an electric mixer on low speed for 30 seconds. Scrape down sides of bowl; beat on medium speed for 2 minutes.
- ☐ Pour into prepared pan.
- ☐ Bake in preheated oven for 20 minutes.
- ☐ Meanwhile, in a small bowl, toss walnuts and dried apples with the remaining ½ packet cider mix; set aside.
- ☐ In a medium bowl, combine cream cheese, the remaining ¾ cup apple butter, the brown sugar, and flour; beat with an electric mixer on medium speed until smooth.
- ☐ Remove pan from oven.
- ☐ Pour cream cheese mixture over partially baked cake.
- ☐ Sprinkle walnut and apple mixture on top. Return to oven; bake for 20 to 25 minutes more. Cool in pan on a wire rack.
- ☐ Cut into bars.

Nutrition Facts



 PROTEIN **5.83%**  FAT **41.57%**  CARBS **52.6%**

Properties

Glycemic Index:15.98, Glycemic Load:3.58, Inflammation Score:-4, Nutrition Score:9.2252175367397%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 437.28kcal (21.86%), Fat: 20.56g (31.62%), Saturated Fat: 6.57g (41.06%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 56.52g (20.55%), Sugar: 39.99g (44.43%), Cholesterol: 60.85mg (20.28%), Sodium: 381.55mg (16.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Manganese: 0.62mg (30.99%), Phosphorus: 185.31mg (18.53%), Vitamin B2: 0.27mg (15.75%), Iron: 2.78mg (15.47%), Vitamin B1: 0.23mg (15.06%), Copper: 0.28mg (13.76%), Selenium: 7.94µg (11.35%), Folate: 42.68µg (10.67%), Calcium: 92.66mg (9.27%), Potassium: 318.38mg (9.1%), Vitamin B3: 1.62mg (8.09%), Fiber: 2.01g (8.05%), Magnesium: 30.67mg (7.67%), Vitamin K: 7.24µg (6.9%), Vitamin A: 329.24IU (6.58%), Vitamin B6: 0.12mg (6.07%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.7mg (4.65%), Vitamin E: 0.61mg (4.08%), Vitamin B12: 0.17µg (2.79%), Vitamin D: 0.22µg (1.47%)