



Apple-Butterscotch Brownies

 Vegetarian

READY IN



120 min.

SERVINGS



100

CALORIES



55 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 cups t brown sugar dark packed
- 1 cup butter melted
- 2 large eggs lightly beaten
- 2 cups flour all-purpose
- 1.5 lb apples i use 2 granny smith apples diced peeled
- 1 cup pecans chopped
- 0.5 teaspoon salt

2 teaspoons vanilla extract

Equipment

frying pan

oven

Directions

Preheat oven to 350

Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.

Stir together brown sugar and next 3 ingredients.

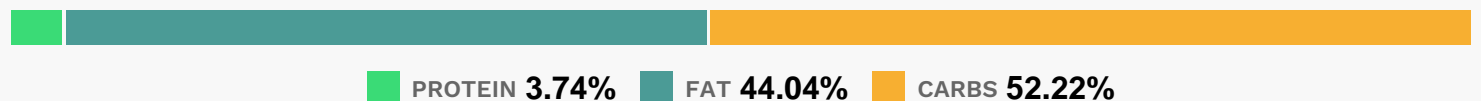
Stir together flour and next 2 ingredients; add to brown sugar mixture, and stir until blended. Stir in apples and pecans.

Pour mixture into a greased and floured 13- x 9-inch pan; spread in an even layer.

Bake at 350 for 35 to 45 minutes or until a wooden pick inserted in center comes out clean. Cool completely (about 1 hour).

Cut into bars.

Nutrition Facts



Properties

Glycemic Index:2.59, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:0.97695652363093%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 54.87kcal (2.74%), Fat: 2.76g (4.24%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 7.02g (2.55%), Sugar: 5.04g (5.6%), Cholesterol: 8.6mg (2.87%), Sodium: 37.48mg (1.63%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.53g (1.05%), Manganese: 0.07mg (3.59%), Vitamin B1: 0.03mg (1.9%), Selenium: 1.27µg (1.82%), Folate: 5.6µg (1.4%), Fiber: 0.34g (1.34%), Vitamin A: 66.41IU (1.33%), Vitamin B2: 0.02mg (1.23%), Iron: 0.21mg (1.17%), Calcium: 11.02mg (1.1%), Phosphorus: 10.93mg (1.09%), Copper: 0.02mg (1.07%)