



Apple Cinnamon Bars

READY IN



110 min.

SERVINGS



32

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 0.5 cup granulated sugar
- 0.5 cup brown sugar packed
- 0.5 cup spiced apple butter
- 2 eggs
- 1 teaspoon vanilla
- 1.8 cups flour all-purpose
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt

- 1 cup apples peeled finely chopped (1 medium)
- 1 cup peppermint candies (from 10-oz bag)
- 1 cup powdered sugar
- 2 tablespoons milk

Equipment

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

Directions

- Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- In large bowl, beat butter, granulated sugar and brown sugar with electric mixer on medium speed until light and fluffy.
- Add apple butter, eggs and vanilla; beat until well blended.
- On low speed, beat in flour, baking soda and salt until well blended. Stir in apple and cinnamon chips.
- Spread batter in pan.
- Bake 28 to 32 minutes or until edges begin to pull away from sides of pan and top is evenly browned. Cool in pan on cooling rack at least 1 hour.
- In small bowl, mix glaze ingredients until thin enough to drizzle.
- Drizzle glaze over bars. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:1.630869558324%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 144.72kcal (7.24%), Fat: 5.8g (8.92%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 22g (8%), Sugar: 16.37g (18.19%), Cholesterol: 10.34mg (3.45%), Sodium: 97.64mg (4.25%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.51g (3.02%), Selenium: 3.28µg (4.69%), Vitamin B1: 0.06mg (3.78%), Folate: 14.03µg (3.51%), Manganese: 0.07mg (3.28%), Vitamin B2: 0.05mg (3.07%), Vitamin A: 146.32IU (2.93%), Iron: 0.41mg (2.29%), Vitamin B3: 0.42mg (2.09%), Calcium: 19.68mg (1.97%), Phosphorus: 15.52mg (1.55%), Fiber: 0.34g (1.38%), Vitamin E: 0.15mg (1.02%)