



## Apple Crumb Bars — Small Pan

 Vegetarian

READY IN



**55 min.**

SERVINGS



**12**

CALORIES



**294 kcal**

SIDE DISH

### Ingredients

- ☐ 2 small apples cored thinly sliced chopped
- ☐ 0.8 cups brown sugar packed
- ☐ 0.5 teaspoon cinnamon
- ☐ 1.5 tablespoons cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons juice of lemon divided
- ☐ 0.5 cup pecans chopped
- ☐ 0.8 cups rolled oats

- ☐ 0.4 teaspoon salt – use a little less if using regular butter salted
- ☐ 0.5 cup sugar
- ☐ 10 tablespoons butter unsalted cold divided
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 0.3 plus

## Equipment

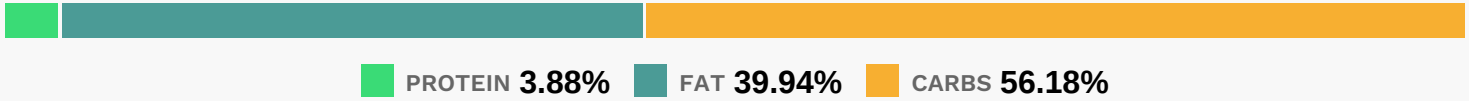
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F. Line a 9 inch square metal pan with non-stick foil or line with parchment paper. In a bowl or food processor, combine brown sugar, oats, flour, baking soda and salt.
- ☐ Cut in or process in 9 tablespoons of butter until mixture is coarse and crumbly. Reserve about 3/4 cup for topping. Pat remaining into bottom of pan. It will seem dry, but it's supposed to be. Toss apples with half of the lemon juice and arrange in a fairly layer across crust.
- ☐ Sprinkle with cinnamon. In a saucepan, combine sugar, cornstarch and water. Turn heat to medium and cook, whisking constantly, until mixture begins to boil and thicken.
- ☐ Remove from heat and stir in vanilla, remaining 1 tablespoon butter and remaining teaspoon of lemon juice.
- ☐ Pour over apples.

- ☐
- Sprinkle reserved crumbs on top, then sprinkle pecans over crumbs.
- ☐
- Bake at 350 degrees F for 35–45 minutes or until top is lightly browned.If you’d prefer bars that hold together, let the bars cool completely and then chill before cutting. You can bring them back to room temp after chilling, of course.

Nutrition Facts



Properties

Glycemic Index:19.34, Glycemic Load:16.54, Inflammation Score:-3, Nutrition Score:5.522173869869%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 293.96kcal (14.7%), Fat: 13.37g (20.57%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 40.27g (14.64%), Sugar: 24.58g (27.31%), Cholesterol: 25.08mg (8.36%), Sodium: 12.42mg (0.54%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 2.92g (5.85%), Manganese: 0.53mg (26.55%), Vitamin B1: 0.18mg (12.08%), Selenium: 7.3µg (10.43%), Folate: 32.75µg (8.19%), Fiber: 2.03g (8.12%), Iron: 1.2mg (6.69%), Vitamin A: 307.8IU (6.16%), Vitamin B2: 0.1mg (6.09%), Copper: 0.12mg (5.78%), Phosphorus: 57.09mg (5.71%), Vitamin B3: 1.1mg (5.49%), Magnesium: 19.15mg (4.79%), Zinc: 0.53mg (3.55%), Potassium: 103.86mg (2.97%), Vitamin E: 0.43mg (2.85%), Calcium: 25.24mg (2.52%), Vitamin B5: 0.21mg (2.14%), Vitamin B6: 0.04mg (1.94%), Vitamin C: 1.52mg (1.84%), Vitamin K: 1.7µg (1.62%), Vitamin D: 0.17µg (1.17%)