

Apple-Currant Bars

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup rome apple diced peeled
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar dark packed
- ☐ 0.5 cup currants dried
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup butter
- ☐ 0.8 cup regular oats uncooked
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients. Stir well; set aside.
- ☐ Cream margarine in a large bowl; gradually add brown sugar, beating at medium speed of a mixer until light and fluffy.
- ☐ Add egg; beat well.
- ☐ Add flour mixture to creamed mixture; beat just until dry ingredients are moist. Stir in vanilla, apple, oats, and currants.
- ☐ Spoon batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.
- ☐ Sprinkle powdered sugar over top.

Nutrition Facts



 **PROTEIN 5.39%**  **FAT 27.95%**  **CARBS 66.66%**

Properties

Glycemic Index:21.19, Glycemic Load:6.35, Inflammation Score:-2, Nutrition Score:3.1578261061855%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 140.85kcal (7.04%), Fat: 4.46g (6.87%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 22.9g (8.33%), Sugar: 14.22g (15.8%), Cholesterol: 11.63mg (3.88%), Sodium: 127.68mg (5.55%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 1.94g (3.88%), Manganese: 0.25mg (12.3%), Selenium: 4.87µg (6.96%), Vitamin B1: 0.09mg (5.95%), Folate: 17.85µg (4.46%), Iron: 0.78mg (4.33%), Fiber: 1.05g (4.21%), Phosphorus: 41.29mg (4.13%), Vitamin B2: 0.07mg (4.08%), Vitamin A: 193.94IU (3.88%), Calcium: 31.69mg (3.17%), Vitamin B3: 0.6mg (3.01%), Magnesium: 10.63mg (2.66%), Copper: 0.05mg (2.49%), Potassium: 86.53mg (2.47%), Zinc: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.15mg (1.5%), Vitamin E: 0.22mg (1.48%)