

# Apple Oatmeal Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 6 cups apples thinly sliced
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 4 tablespoons butter
- 2 cups flour all-purpose
- 1 cup rolled oats
- 1 teaspoon salt

## Equipment

frying pan

oven

## Directions

Mix flour, salt and baking soda.

Add brown sugar and oatmeal, mix well.

Cut in 1 cup butter.

Spread half of the crumb mixture in a buttered 9 x 13 pan.

Put apples on top of bottom layer. Cover with remaining crumb mixture and dot with 4 tablespoons butter.

Bake at 350 degrees F (175 degrees C) for 40 to 45 minutes. It is great served with ice cream!

## Nutrition Facts



## Properties

Glycemic Index:8.21, Glycemic Load:7.67, Inflammation Score:-2, Nutrition Score:2.8599999757565%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 118.53kcal (5.93%), Fat: 2.27g (3.49%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.17g (8.06%), Sugar: 12.2g (13.56%), Cholesterol: 5.02mg (1.67%), Sodium: 160.79mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Manganese: 0.21mg (10.54%), Vitamin B1: 0.1mg (6.85%), Selenium: 4.64µg (6.63%), Fiber: 1.37g (5.49%), Folate: 21.24µg (5.31%), Iron: 0.73mg (4.06%), Vitamin B2: 0.07mg (3.86%), Vitamin B3: 0.69mg (3.46%), Phosphorus: 29.47mg (2.95%), Magnesium: 9.39mg (2.35%), Copper: 0.04mg (2.05%), Potassium: 69.58mg (1.99%), Vitamin C: 1.44mg (1.74%), Vitamin A: 75.18IU (1.5%), Zinc:

0.21mg (1.42%), Calcium: 13.42mg (1.34%), Vitamin B6: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.17%)