



Apple, Pecan, and Cinnamon Crumble Bars

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 eggs room temperature
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 3 tablespoons juice of lemon
- ☐ 0.8 cup brown sugar light
- ☐ 0.3 cup pecans roughly chopped
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 5 large tart apples (3 lb total)
- ☐ 3 tablespoons butter unsalted cold cut into 1-in pieces

Equipment

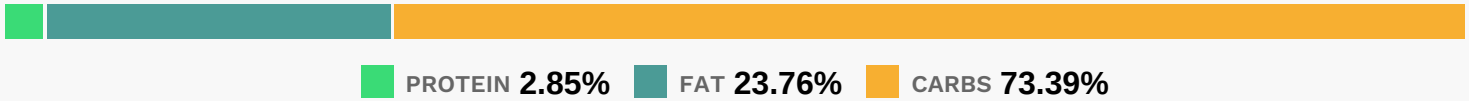
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ For the filling:Peel, core, and chop the apples into 1/2-inch cubes. Set aside in a bowl.Melt butter in a sauté pan over medium heat.
- ☐ Add the apples and sauté for about 8 minutes until the apples are semi-soft.
- ☐ Add sugar, lemon juice, flour, and cinnamon to the apples and stir to combine.Cook until mixture begins to bubble, then turn heat to low and cook for another 3 minutes, stirring constantly.
- ☐ Transfer filling to a bowl and let cool while you make the crust.For the crust:Line a 9 by 13 inch pan with aluminum foil, leaving enough to hang over the edge and act as handles to remove bars after baking. Grease foil.
- ☐ Whisk flour, baking powder, and salt together in a bowl and set aside.In a stand mixer, cream butter and sugar together on medium speed for several minutes until light and fluffy.
- ☐ Add egg and mix to combine.
- ☐ Add flour mixture and mix to combine.
- ☐ Pour about half the dough into the prepared pan and gently press into the bottom of the pan, making sure it is level.
- ☐ Add in more dough as necessary to cover the bottom of the pan, but you will probably not use it all. (You can use it all if you want a thicker base for your bars. Set pan aside while you

- make the streusel.For the streusel:In a stand mixer, combine sugar, flour, and salt and mix to combine.
- ☐ Add butter and mix until crumbly and the butter pieces are very small.
 - ☐ Add pecans and mix just to combine.To finish the bars:Preheat oven to 350 degrees F.
 - ☐ Spread cooled apple filling evenly over the crust, leaving about 3/4" between the pan sides and the filling.
 - ☐ Sprinkle the streusel evenly over the filling.
 - ☐ Bake for about 35–40 minutes until the top layer is golden. Cool completely on wire rack before removing.

Nutrition Facts



Properties

Glycemic Index:18.94, Glycemic Load:6.65, Inflammation Score:-2, Nutrition Score:2.7904347829197%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 140.37kcal (7.02%), Fat: 3.91g (6.02%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 25.05g (9.11%), Sugar: 21.89g (24.33%), Cholesterol: 16.93mg (5.64%), Sodium: 56.08mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Fiber: 2.13g (8.53%), Manganese: 0.16mg (8.13%), Vitamin C: 4.61mg (5.58%), Calcium: 35.38mg (3.54%), Potassium: 112.7mg (3.22%), Vitamin B1: 0.05mg (3.16%), Selenium: 2.09µg (2.99%), Vitamin B2: 0.05mg (2.98%), Phosphorus: 28.88mg (2.89%), Copper: 0.05mg (2.65%), Vitamin A: 127.65IU (2.55%), Folate: 9.86µg (2.47%), Iron: 0.44mg (2.44%), Vitamin B6: 0.05mg (2.32%),

Magnesium: 8.09mg (2.02%), Vitamin K: 1.97µg (1.87%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.14mg (1.39%),
Vitamin B3: 0.27mg (1.36%), Zinc: 0.17mg (1.15%)