



Apple-Pecan Dessert Squares

READY IN



150 min.

SERVINGS



9

CALORIES



491 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup butter
- ☐ 2 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled chopped (2 medium)
- ☐ 1 eggs slightly beaten
- ☐ 0.8 cup brown sugar packed

- ☐ 0.5 cup pecans finely chopped
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons milk
- ☐ 1 cup cool whip frozen thawed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ serrated knife

Directions

- ☐ Heat oven to 350°F. Spray 9-inch square pan with cooking spray. In large bowl, mix flour, 3/4 cup brown sugar, cinnamon and baking soda.
- ☐ With pastry blender or fork, cut in 3/4 cup butter until mixture resembles coarse crumbs. Stir in apples and egg. Press mixture firmly in pan.
- ☐ Bake 25 to 30 minutes or until puffed in center.
- ☐ Meanwhile, in 1-quart saucepan, combine all topping ingredients except whipped topping. Cook over medium heat, stirring frequently, until mixture comes to a boil. Boil 1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Remove apple layer from oven.
- ☐ Drizzle hot topping over warm apple layer; spread evenly. Return to oven; bake 4 to 6 minutes longer or until topping is bubbly. Cool completely, about 1 1/2 hours. With serrated knife, cut into squares.
- ☐ Serve with whipped topping.

Nutrition Facts



PROTEIN 3.77% **FAT 41.88%** **CARBS 54.35%**

Properties

Glycemic Index:23.59, Glycemic Load:18.44, Inflammation Score:-6, Nutrition Score:8.35173912152%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 491.26kcal (24.56%), Fat: 23.4g (36%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 68.34g (22.78%), Net Carbohydrates: 66.18g (24.07%), Sugar: 44.12g (49.02%), Cholesterol: 19.92mg (6.64%), Sodium: 294.04mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Manganese: 0.54mg (26.96%), Vitamin B1: 0.28mg (18.74%), Selenium: 11.95µg (17.07%), Vitamin A: 853.36IU (17.07%), Folate: 57.41µg (14.35%), Vitamin B2: 0.24mg (14.17%), Iron: 1.86mg (10.34%), Vitamin B3: 1.83mg (9.14%), Fiber: 2.16g (8.63%), Phosphorus: 75.4mg (7.54%), Copper: 0.14mg (7.25%), Calcium: 65.46mg (6.55%), Vitamin E: 0.9mg (6%), Magnesium: 20.67mg (5.17%), Potassium: 166.42mg (4.75%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.08mg (3.77%), Vitamin B5: 0.35mg (3.49%), Vitamin B12: 0.21µg (3.45%), Vitamin C: 1.42mg (1.72%)