



Apple Pie Bars

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



134 kcal

DESSERT

Ingredients

- 3 large mcintosh apples cored peeled finely chopped
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 6 ounces butterscotch chips ()
- 2 eggs
- 2 cups flour
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg

- 0.5 teaspoon salt
- 1 cup sugar
- 1 cup vegetable oil

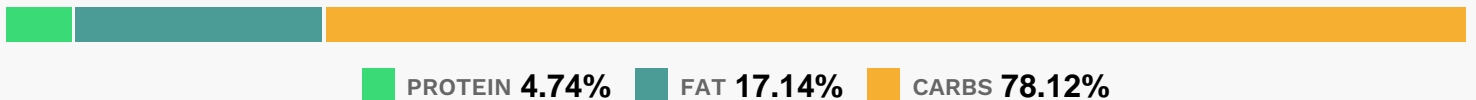
Equipment

- bowl
- frying pan
- oven
- blender
- baking pan
- hand mixer

Directions

- Preheat the oven to 350 degrees F. Spray a 9 by 13 inch baking dish with cooking spray. In the bowl of an electric mixer, thoroughly combine the oil, eggs, and sugar. Sift the flour, baking powder, salt, soda, and spices together in a bowl, then add to the oil mixture in the mixer, beating until thoroughly mixed. The batter will be thick. Use a sturdy spoon to stir in the apple pieces. Scrape the mixture into the prepared pan, spreading it out evenly.
- Sprinkle the butterscotch chips over the top, pressing them into the batter lightly.
- Bake for 45 minutes to 1 hour, until golden and pulling away from the sides of the pan slightly. Cool thoroughly and cut into squares.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:12.69, Inflammation Score:-1, Nutrition Score:2.6134782608696%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg

Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Taste

Sweetness: 100%, Saltiness: 7.2%, Sourness: 24.55%, Bitterness: 7.38%, Savoriness: 5.37%, Fattiness: 44.42%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 134.33kcal (6.72%), Fat: 2.61g (4.01%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 25.72g (9.35%), Sugar: 16.99g (18.88%), Cholesterol: 14.28mg (4.76%), Sodium: 162.89mg (7.08%), Protein: 1.62g (3.24%), Selenium: 4.75µg (6.79%), Vitamin B1: 0.09mg (5.94%), Folate: 21.69µg (5.42%), Manganese: 0.1mg (4.97%), Vitamin B2: 0.08mg (4.6%), Fiber: 1.01g (4.05%), Vitamin K: 4.04µg (3.85%), Iron: 0.63mg (3.52%), Vitamin B3: 0.65mg (3.23%), Phosphorus: 29.18mg (2.92%), Calcium: 26.26mg (2.63%), Vitamin E: 0.25mg (1.68%), Vitamin C: 1.29mg (1.56%), Copper: 0.03mg (1.35%), Potassium: 47.14mg (1.35%), Vitamin B5: 0.12mg (1.19%), Vitamin B6: 0.02mg (1.13%), Magnesium: 4.42mg (1.1%)