

Apple Pie Bars

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 8 cups apples thinly sliced
- ☐ 1 cup butter chilled
- ☐ 1 cup confectioners' sugar
- ☐ 1 cup cornflakes cereal crushed
- ☐ 1 egg white
- ☐ 1 egg yolk
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 teaspoons milk
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, stir together the flour and salt.
- ☐ Cut in the 1 cup butter until mixture is mealy. With a fork, stir in the 2/3 cup milk and egg yolk. Divide dough into 2 equal parts. On a lightly floured surface, roll out 1 piece of dough into a large rectangle.
- ☐ Place on the bottom of a 9x13 inch baking pan.
- ☐ Sprinkle cereal over the crust, then layer the apples over the cereal. Stir together the 1 cup of white sugar, and the 1 and 1/2 teaspoons of cinnamon and nutmeg; sprinkle over the apple layer.
- ☐ Roll out the other half of the dough and cover everything in the pan.
- ☐ Brush top crust with the reserved egg white and sprinkle with a mixture of 2 tablespoons sugar, and 1/2 teaspoon of cinnamon.
- ☐ Bake for 45 minutes to 1 hour in the preheated oven. Top crust should be lightly browned.
- ☐ Mix together the 1 cup of confectioners' sugar, 1 and 1/2 tablespoons of milk, and 1/2 teaspoon of vanilla until smooth; drizzle over bars while they are still warm.

Nutrition Facts



 **PROTEIN 4.99%**  **FAT 35.95%**  **CARBS 59.06%**

Properties

Glycemic Index:9.45, Glycemic Load:6.28, Inflammation Score:-3, Nutrition Score:4.4613043665886%

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: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg 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: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 132.79kcal (6.64%), Fat: 5.43g (8.35%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 18.92g (6.88%), Sugar: 7.5g (8.33%), Cholesterol: 18.98mg (6.33%), Sodium: 155.29mg (6.75%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 1.7g (3.39%), Iron: 2.36mg (13.09%), Vitamin B1: 0.16mg (10.83%), Folate: 41.16µg (10.29%), Vitamin B2: 0.16mg (9.39%), Vitamin B3: 1.72mg (8.59%), Vitamin B6: 0.14mg (6.75%), Vitamin A: 297.61IU (5.95%), Vitamin B12: 0.35µg (5.85%), Selenium: 4.03µg (5.75%), Fiber: 1.14g (4.55%), Manganese: 0.09mg (4.32%), Vitamin C: 2.66mg (3.22%), Phosphorus: 23.01mg (2.3%), Vitamin D: 0.27µg (1.77%), Copper: 0.03mg (1.72%), Potassium: 54.17mg (1.55%), Magnesium: 6.21mg (1.55%), Vitamin E: 0.22mg (1.49%), Zinc: 0.16mg (1.05%), Vitamin K: 1.09µg (1.04%)