



Apple Snack Squares

 Dairy Free

READY IN



70 min.

SERVINGS



15

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butterscotch chips
- 2 eggs
- 1 teaspoon ground cinnamon
- 2.5 cups self-rising flour
- 3 cups baking apples are apples that have a sweet-tart balance and hold their shape when cored peeled chopped
- 1 teaspoon vanilla extract
- 0.8 cup vegetable oil
- 1 cup walnuts chopped

2 cups sugar white

Equipment

bowl

oven

baking pan

toothpicks

Directions

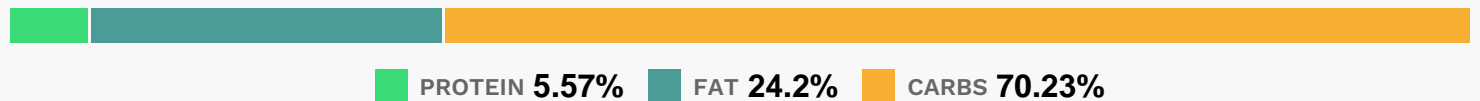
Preheat oven to 350 degrees F (175 degrees C) and lightly grease a 9x13-inch baking dish.

In a large bowl, combine the sugar, eggs, oil and vanilla and mix until well blended. Stir in the flour and cinnamon. The mixture will be thick. Fold in the chopped apple and nuts.

Spread the batter in the prepared baking dish, and sprinkle with butterscotch chips.

Bake in the preheated oven for 35 to 40 minutes, until a toothpick inserted in the center comes out clean. Cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:29.43, Inflammation Score:-2, Nutrition Score:4.6747826441475%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg 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: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 314.96kcal (15.75%), Fat: 8.67g (13.34%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 56.62g (18.87%), Net Carbohydrates: 54.92g (19.97%), Sugar: 38.66g (42.96%), Cholesterol: 22.84mg (7.61%), Sodium: 53.77mg

(2.34%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.49g (8.99%), Manganese: 0.47mg (23.34%), Selenium: 10.69µg (15.27%), Copper: 0.18mg (8.78%), Fiber: 1.69g (6.77%), Phosphorus: 61.78mg (6.18%), Magnesium: 19.6mg (4.9%), Vitamin K: 4.93µg (4.69%), Folate: 18.03µg (4.51%), Vitamin B2: 0.06mg (3.81%), Vitamin B6: 0.07mg (3.5%), Zinc: 0.52mg (3.46%), Vitamin B1: 0.05mg (3.42%), Iron: 0.57mg (3.19%), Vitamin E: 0.44mg (2.91%), Potassium: 91.92mg (2.63%), Vitamin B5: 0.24mg (2.42%), Calcium: 17.64mg (1.76%), Vitamin B3: 0.33mg (1.63%), Vitamin C: 1.26mg (1.52%), Vitamin A: 58.88IU (1.18%)