

Apple Squares



Dairy Free



Popular

READY IN



55 min.

SERVINGS



10

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apples chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose sifted
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts finely chopped
- ☐ 2 tablespoons sugar white

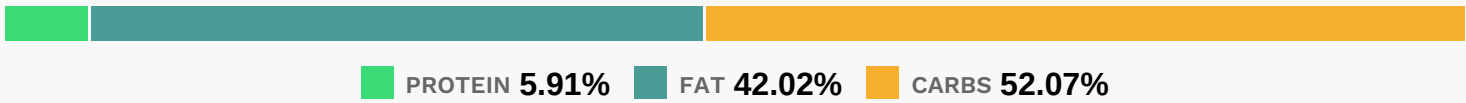
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch pan. Sift together flour, baking powder, salt, and 1/4 teaspoon of cinnamon; set aside.
- ☐ In a large bowl, mix together melted butter, brown sugar, and 1/2 cup of white sugar with a wooden spoon until smooth. Stir in the egg and vanilla. Blend in the flour mixture until just combined, then stir in the apples and walnuts.
- ☐ Spread the mixture evenly into the prepared pan. In a cup or small bowl, stir together the remaining cinnamon and sugar; sprinkle over the top of the bars.
- ☐ Bake for 25 to 30 minutes in preheated oven; finished bars should spring back when lightly touched. Cool in the pan, and cut into squares.

Nutrition Facts



Properties

Glycemic Index:29.41, Glycemic Load:8.99, Inflammation Score:-3, Nutrition Score:4.3517391150412%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin:
0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 187.5kcal (9.37%), Fat: 8.95g (13.76%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 24.95g (8.32%), Net
Carbohydrates: 23.86g (8.68%), Sugar: 13.98g (15.53%), Cholesterol: 16.37mg (5.46%), Sodium: 163.91mg (7.13%),
Alcohol: 0.14g (100%), Alcohol %: 0.35% (100%), Protein: 2.83g (5.66%), Manganese: 0.37mg (18.33%), Selenium:
6.03µg (8.62%), Vitamin B1: 0.12mg (8.11%), Folate: 31.05µg (7.76%), Copper: 0.12mg (6.15%), Vitamin B2: 0.1mg
(5.61%), Iron: 0.99mg (5.51%), Phosphorus: 53.93mg (5.39%), Calcium: 48.9mg (4.89%), Vitamin A: 232.48IU
(4.65%), Fiber: 1.09g (4.37%), Vitamin B3: 0.83mg (4.16%), Magnesium: 14.39mg (3.6%), Vitamin B6: 0.05mg
(2.64%), Zinc: 0.34mg (2.26%), Potassium: 71.4mg (2.04%), Vitamin E: 0.29mg (1.94%), Vitamin B5: 0.18mg (1.8%)