



## Applesauce Bars

READY IN



45 min.

SERVINGS



15

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup apple sauce
- 1 teaspoon baking soda
- 0.7 cup brown sugar
- 0.3 cup butter softened
- 1.5 cups confectioners' sugar
- 1 eggs
- 1 cup flour all-purpose
- 3 tablespoons butter melted
- 1 tablespoon milk

- 1 teaspoon pumpkin pie spice
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

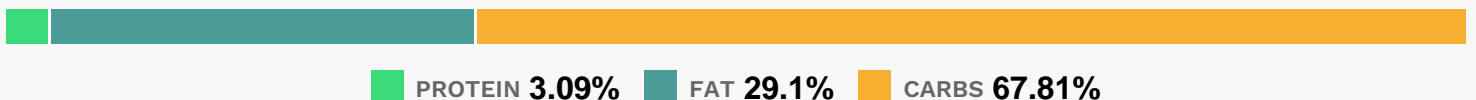
## Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- In a medium bowl, mix together the butter, brown sugar and egg until smooth. Stir in applesauce.
- Combine the flour, baking soda, salt and pumpkin pie spice; stir into the applesauce mixture until well blended.
- Spread evenly into the prepared pan.
- Bake for 25 minutes in the preheated oven, or until edges are golden. Cool in the pan over a wire rack.
- In a small bowl, mix together the confectioners' sugar and margarine. Stir in vanilla and milk until smooth.
- Spread over cooled bars before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:7.53, Glycemic Load:4.62, Inflammation Score:-2, Nutrition Score:2.1308695777603%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## **Nutrients (% of daily need)**

Calories: 174.35kcal (8.72%), Fat: 5.73g (8.81%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 29.59g (10.76%), Sugar: 22.87g (25.41%), Cholesterol: 11.03mg (3.68%), Sodium: 220.67mg (9.59%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 1.37g (2.74%), Selenium: 4µg (5.71%), Vitamin A: 258.01IU (5.16%), Vitamin B1: 0.07mg (4.82%), Manganese: 0.09mg (4.52%), Folate: 17.31µg (4.33%), Vitamin B2: 0.07mg (3.88%), Iron: 0.58mg (3.22%), Vitamin B3: 0.53mg (2.63%), Phosphorus: 18.71mg (1.87%), Vitamin E: 0.27mg (1.79%), Fiber: 0.42g (1.69%), Calcium: 15.97mg (1.6%), Potassium: 43.81mg (1.25%), Copper: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.1%), Magnesium: 4.09mg (1.02%)