



Brandied Apple Bars

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 large apples diced cored peeled
- 0.5 teaspoon double-acting baking powder
- 0.3 cup brandy
- 1 cup brown sugar packed
- 2 eggs
- 0.3 cup flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup shortening

- 0.5 cup walnuts chopped
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking pan.
- In a large mixing bowl, cream together the shortening, and sugar until smooth.
- Mix in 1 cup of flour.
- Spread into the bottom of the prepared pan. This is the crust.
- Bake for 15 minutes in the preheated oven, until firm.
- In a separate bowl, beat the eggs and brown sugar together until thick and pale.
- Add the brandy and mix well.
- Combine the remaining flour, baking powder and salt; stir into the egg mixture.
- Mix in apples and walnuts.
- Spread the filling over the hot crust.
- Bake for 30 minutes in the preheated oven, or until filling is set. Cool completely before cutting into squares.

Nutrition Facts



PROTEIN 3.44% **FAT 44.37%** **CARBS 52.19%**

Properties

Glycemic Index:8.45, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:1.2743478184161%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 86.9kcal (4.35%), Fat: 4.19g (6.44%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.5g (3.82%), Sugar: 9.3g (10.33%), Cholesterol: 9.09mg (3.03%), Sodium: 27.61mg (1.2%), Alcohol: 0.74g (100%), Alcohol %: 2.58% (100%), Protein: 0.73g (1.46%), Manganese: 0.08mg (3.75%), Fiber: 0.59g (2.34%), Copper: 0.04mg (1.89%), Vitamin K: 1.98µg (1.88%), Selenium: 1.3µg (1.86%), Vitamin E: 0.25mg (1.64%), Phosphorus: 15.31mg (1.53%), Vitamin B2: 0.02mg (1.44%), Folate: 5.48µg (1.37%), Vitamin B1: 0.02mg (1.3%), Calcium: 12.64mg (1.26%), Iron: 0.22mg (1.22%), Vitamin B6: 0.02mg (1.18%), Magnesium: 4.61mg (1.15%), Potassium: 39.88mg (1.14%), Vitamin C: 0.88mg (1.06%)