

Caramel Apple Bars

 Popular

READY IN



50 min.

SERVINGS



36

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup shortening
- ☐ 1.8 cups flour divided
- ☐ 1.5 cups oats
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon baking soda
- ☐ 4.5 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled coarsely chopped (3 medium)

☐ 14 oz individually wrapped caramels

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

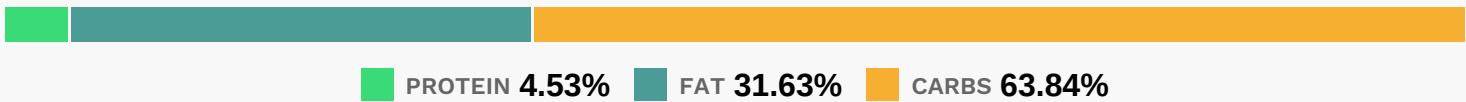
☐ oven

☐ wire rack

Directions

- ☐ Heat oven to 400°F.
- ☐ Mix brown sugar, butter and shortening in large bowl until smooth and well blended.
- ☐ Stir in 1 3/4 cups flour, the oats, salt and baking soda until crumbly.
- ☐ Reserve 2 cups oat mixture; press remaining oat mixture in ungreased 13x9-inch pan.
- ☐ In large bowl, toss apples and remaining 3 tablespoons of the flour. Top crust evenly with apple mixture.
- ☐ In small saucepan, heat caramels over low heat, stirring occasionally, until melted.
- ☐ Drizzle melted caramel evenly over apples.
- ☐ Sprinkle reserved oat mixture over caramels; press lightly.
- ☐ Bake 25 to 30 minutes or until apples are tender and topping is golden brown.
- ☐ Cool at least 20 minutes on cooling rack before serving. For 36 bars, cut into 6 rows by 6 rows while warm. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:10.73, Inflammation Score:-1, Nutrition Score:2.5982608872911%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 143.3kcal (7.17%), Fat: 5.19g (7.99%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 22.73g (8.26%), Sugar: 14.84g (16.49%), Cholesterol: 7.55mg (2.52%), Sodium: 129.23mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Manganese: 0.2mg (9.87%), Vitamin B1: 0.08mg (5.36%), Selenium: 3.51µg (5.02%), Vitamin B2: 0.07mg (3.97%), Phosphorus: 37.32mg (3.73%), Magnesium: 13.73mg (3.43%), Fiber: 0.86g (3.43%), Folate: 13.27µg (3.32%), Iron: 0.52mg (2.88%), Calcium: 24.53mg (2.45%), Vitamin B3: 0.43mg (2.13%), Potassium: 67.81mg (1.94%), Vitamin A: 91.86IU (1.84%), Vitamin E: 0.27mg (1.78%), Vitamin K: 1.65µg (1.57%), Copper: 0.03mg (1.52%), Vitamin B5: 0.15mg (1.5%), Zinc: 0.21mg (1.4%), Vitamin B6: 0.02mg (1.06%)