



Caramel Apple Bars I

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 2 cups apples chopped
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 1.3 cups butter
- ☐ 1.5 cups caramel ice cream topping
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups cooking oats quick
- ☐ 0.5 cup walnuts chopped

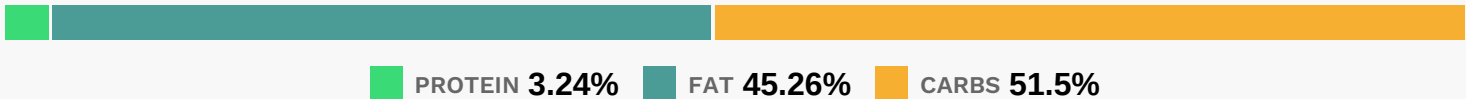
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. Grease a 15 x 10 x 1 inch pan.
- ☐ In a small pan over low heat, melt the butter or margarine. In large bowl, combine 2 cups flour, 2 cups quick cooking oats, brown sugar, baking soda, and melted butter or margarine.
- ☐ Mix until crumbly. Press half of mixture (about 2-1/2 cups) in the greased pan. Set aside the rest.
- ☐ Bake for 8 minutes.
- ☐ In a small pan over medium heat, combine caramel topping and 1/2 cup flour. Bring to a boil, stirring constantly. Still stirring constantly, boil for 2 or 3 minutes until slightly thickened.
- ☐ Spread apples and nuts onto the baked crust.
- ☐ Pour hot caramel mixture evenly over apples and nuts.
- ☐ Sprinkle reserved crumbly mixture evenly over the top.
- ☐ Return pan to oven.
- ☐ Bake 20-25 minutes or until golden brown. Cool completely in pan.
- ☐ Cut into bars. (Refrigeration makes cutting easier). Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:2.22, Inflammation Score:-2, Nutrition Score:1.7639130366885%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg,

Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg
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: 0.21mg, Quercetin:
0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 111.72kcal (5.59%), Fat: 5.84g (8.99%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 14.96g (4.99%), Net
Carbohydrates: 14.4g (5.24%), Sugar: 11.32g (12.58%), Cholesterol: 12.71mg (4.24%), Sodium: 87.02mg (3.78%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Manganese: 0.21mg (10.28%), Magnesium:
12.68mg (3.17%), Vitamin A: 157.14IU (3.14%), Selenium: 1.88µg (2.69%), Phosphorus: 26.12mg (2.61%), Vitamin B1:
0.03mg (2.25%), Fiber: 0.56g (2.24%), Copper: 0.04mg (1.92%), Iron: 0.31mg (1.72%), Calcium: 13.88mg (1.39%),
Folate: 5.2µg (1.3%), Vitamin E: 0.18mg (1.22%), Potassium: 39.66mg (1.13%), Zinc: 0.16mg (1.1%)