



## Caramel Apple-Nut Bars

READY IN



140 min.

SERVINGS



36

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup apples peeled chopped
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 1.3 cups butter softened
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 2 cups oats

☐ 0.5 teaspoon salt

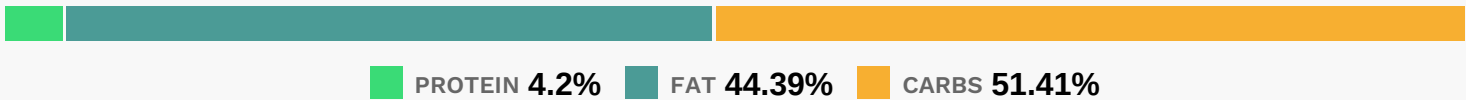
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. Grease bottom and sides of 13x9-inch pan with shortening or cooking spray. In large bowl, beat 2 cups flour, the oats, brown sugar, baking soda, salt and butter with electric mixer on low speed, or mix with spoon, until crumbly. Press about 3 cups of the mixture in pan.
- ☐ Bake 10 minutes.
- ☐ Meanwhile, in small bowl, mix caramel topping and 3 tablespoons flour.
- ☐ Sprinkle apple and pecans over partially baked crust.
- ☐ Drizzle with caramel mixture.
- ☐ Sprinkle with remaining crust mixture.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool completely, about 1 hour 30 minutes. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:7.14, Glycemic Load:6.03, Inflammation Score:-3, Nutrition Score:3.0873913460452%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate:

0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 154.82kcal (7.74%), Fat: 7.82g (12.04%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 19.53g (7.1%), Sugar: 11.19g (12.43%), Cholesterol: 0mg (0%), Sodium: 150.62mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Manganese: 0.32mg (16.11%), Vitamin B1: 0.1mg (6.34%), Selenium: 4.31µg (6.15%), Vitamin A: 287.48IU (5.75%), Magnesium: 17.05mg (4.26%), Folate: 15.96µg (3.99%), Iron: 0.67mg (3.71%), Phosphorus: 36.78mg (3.68%), Fiber: 0.86g (3.43%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.52mg (2.58%), Copper: 0.05mg (2.55%), Vitamin E: 0.31mg (2.06%), Zinc: 0.27mg (1.8%), Calcium: 16.05mg (1.61%), Potassium: 51.73mg (1.48%), Vitamin B5: 0.1mg (1.04%)