



Caramel Apple Squares

READY IN



105 min.

SERVINGS



16

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 1 cup brown sugar packed
- ☐ 1 cup flour all-purpose
- ☐ 1 cup oats
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup pecans finely chopped
- ☐ 3 cups apples unpeeled chopped (2 medium)
- ☐ 0.8 cup mrs richardson's butterscotch caramel sauce

- ☐ 0.3 cup flour all-purpose
- ☐ 1 serving whipped cream
- ☐ 1 serving mrs richardson's butterscotch caramel sauce

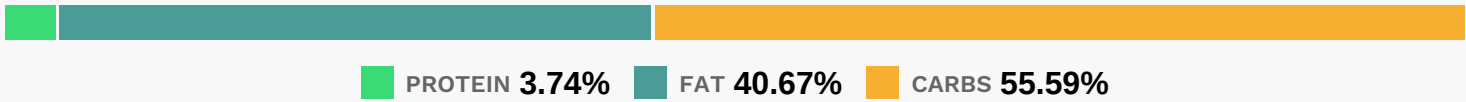
Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening. In large bowl, beat butter and brown sugar with electric mixer on medium speed until well mixed. Beat in 1 cup flour, the oats, cinnamon, baking soda and pecans until well blended and crumbly. Press half of the crumbly mixture in bottom of pan to form crust. Reserve remaining crumbly mixture for topping.
- ☐ Spread apples over crust in pan. In 1-quart saucepan, heat 3/4 cup caramel topping and 1/4 cup flour to boiling, stirring constantly. Boil about 1 minute, stirring constantly, until slightly thickened.
- ☐ Drizzle over apples.
- ☐ Sprinkle with reserved crumbly mixture.
- ☐ Bake 35 to 45 minutes or until top is golden brown. Cool 30 minutes before serving. Top with ice cream and additional caramel topping.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:4.656956449313%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 256.36kcal (12.82%), Fat: 11.94g (18.37%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 34.95g (12.71%), Sugar: 24.33g (27.03%), Cholesterol: 1.82mg (0.61%), Sodium: 187.09mg (8.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Manganese: 0.45mg (22.48%), Vitamin B1: 0.13mg (8.61%), Vitamin A: 424.7IU (8.49%), Selenium: 5.32µg (7.6%), Fiber: 1.76g (7.04%), Phosphorus: 55.85mg (5.59%), Folate: 21.66µg (5.42%), Iron: 0.89mg (4.97%), Vitamin B2: 0.08mg (4.74%), Copper: 0.09mg (4.45%), Magnesium: 17.3mg (4.32%), Vitamin B3: 0.72mg (3.59%), Calcium: 35.44mg (3.54%), Vitamin E: 0.47mg (3.12%), Potassium: 107.98mg (3.09%), Zinc: 0.45mg (3.01%), Vitamin B5: 0.22mg (2.15%), Vitamin B6: 0.03mg (1.74%), Vitamin C: 1.23mg (1.49%)