



# Cinnamon-Apple Bars with Cinnamon Whipped Cream

READY IN

ready

80 min.

SERVINGS

servings

8

CALORIES

calories

905 kcal

SIDE DISH

## Ingredients

- ☐ 3 tablespoons apple juice cold
- ☐ 3 sticks butter plus more for pan at room temperature
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 cup confectioners' sugar for dusting plus more
- ☐ 2 cups flour all-purpose
- ☐ 1 package gelatin powder unflavored
- ☐ 8 cups granny smith apples cored peeled chopped 5 large
- ☐ 1 cup granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup heavy whipping cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pinch salt
- ☐ 8 servings whipped cream

## Equipment

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

## Directions

- ☐ Preheat the oven to 350 degrees F. Lightly grease 9 by 13 by 2-inch pan.
- ☐ Make the crust by combining flour, confectioners' sugar, and salt in a large bowl.
- ☐ Cut in 2 sticks of butter to make a crumbly mixture. (See Cook's Note)
- ☐ Press the mixture into the prepared pan. You may need to dip your fingers into a little flour or confectioners' sugar to keep the dough from sticking to your fingers.
- ☐ Bake for 15 to 20 minutes.
- ☐ In a large skillet, melt the remaining stick of butter over medium heat.
- ☐ Add the apples, and cook for 3 minutes. Stir in 1 cup sugar, 1/2 teaspoon cinnamon, and lemon juice; cook for 3 minutes. In a small bowl, soften the gelatin in cold apple juice, then add it to apples, and cook for 15 minutes. Spoon the mixture evenly over the prepared crust and bake for 10 to 15 minutes.
- ☐ Let cool, then cut into squares.
- ☐ Serve with vanilla ice cream and Cinnamon Whipped Cream.
- ☐ In a medium bowl, beat the heavy cream at medium-high speed with an electric mixer until thickened. Gradually beat in the confectioners' sugar and cinnamon, beating until stiff peaks form. Cover, and chill until ready to use.

## Nutrition Facts



 **PROTEIN 4.36%**  **FAT 51.54%**  **CARBS 44.1%**

## Properties

Glycemic Index:41.73, Glycemic Load:48.75, Inflammation Score:-8, Nutrition Score:12.253043485724%

## Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.68mg, Epicatechin: 9.68mg, Epicatechin: 9.68mg, Epicatechin: 9.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

## Nutrients (% of daily need)

Calories: 904.57kcal (45.23%), Fat: 52.98g (81.51%), Saturated Fat: 33.19g (207.46%), Carbohydrates: 102.02g (34.01%), Net Carbohydrates: 97.63g (35.5%), Sugar: 71.85g (79.83%), Cholesterol: 153.76mg (51.25%), Sodium: 347.76mg (15.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin A: 1842.17IU (36.84%), Vitamin B2: 0.43mg (25.49%), Selenium: 14.75µg (21.08%), Vitamin B1: 0.3mg (20.28%), Fiber: 4.39g (17.56%), Folate: 68.13µg (17.03%), Manganese: 0.29mg (14.71%), Phosphorus: 146.21mg (14.62%), Calcium: 130.65mg (13.07%), Vitamin E: 1.7mg (11.37%), Vitamin B3: 2.08mg (10.41%), Potassium: 346.55mg (9.9%), Iron: 1.78mg (9.88%), Copper: 0.18mg (8.87%), Vitamin C: 7.11mg (8.61%), Vitamin B5: 0.73mg (7.29%), Vitamin K: 7µg (6.67%), Magnesium: 26.53mg (6.63%), Vitamin B12: 0.38µg (6.28%), Zinc: 0.85mg (5.65%), Vitamin B6: 0.11mg (5.53%), Vitamin D: 0.61µg (4.05%)