



Danish Pastry Apple Bars II

 Vegetarian

READY IN



80 min.

SERVINGS



36

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 10 apples cored peeled sliced
- 1 cup butter
- 0.5 cup confectioners' sugar
- 1 cup cornflakes cereal
- 1 egg yolk
- 2.5 cups flour all-purpose
- 2 teaspoons ground cinnamon

- 1 tablespoon milk
- 1 teaspoon salt
- 0.7 cup water cold
- 0.8 cup sugar white

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a large bowl, combine flour and salt.
- Cut in the butter until the mixture resembles coarse crumbs. In a cup, beat egg yolk, stir the cold water into the yolk. Gradually stir the egg mixture into the flour mixture until dough can be packed into a ball. On a clean dry surface, roll out 1/2 of the dough large enough to cover the bottom and sides of a 9x13 inch pan.
- Lay the dough in the pan.
- Place the cornflakes over the dough in the pan. Arrange apple slices over the top of the corn flake layer.
- Sprinkle the sugar and cinnamon over the apples.
- Roll out the second half of the dough to cover the entire pan.
- Lay over the filling and pinch the edges of the two crusts together. Beat the egg white until foamy, and brush onto the top crust.
- Bake for 45 to 50 minutes in the preheated oven, until golden brown.
- Drizzle with glaze while still warm.
- To make the glaze: In a small bowl, beat the confectioners' sugar with the milk and almond extract until smooth.

Nutrition Facts



■ PROTEIN 3.67% ■ FAT 36.37% ■ CARBS 59.96%

Properties

Glycemic Index:7.5, Glycemic Load:9.56, Inflammation Score:-2, Nutrition Score:2.697391309168%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 130.69kcal (6.53%), Fat: 5.45g (8.38%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 18.67g (6.79%), Sugar: 11.18g (12.42%), Cholesterol: 19.01mg (6.34%), Sodium: 112.2mg (4.88%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 1.24g (2.48%), Fiber: 1.53g (6.13%), Vitamin B1: 0.09mg (5.91%), Folate: 21.1µg (5.28%), Manganese: 0.1mg (4.92%), Selenium: 3.4µg (4.85%), Vitamin B2: 0.07mg (4.38%), Vitamin A: 206.98IU (4.14%), Iron: 0.72mg (3.98%), Vitamin B3: 0.7mg (3.51%), Vitamin C: 2.49mg (3.02%), Vitamin B6: 0.04mg (2.04%), Phosphorus: 19.69mg (1.97%), Potassium: 68.06mg (1.94%), Vitamin E: 0.26mg (1.73%), Vitamin K: 1.62µg (1.54%), Copper: 0.03mg (1.48%), Magnesium: 5.06mg (1.27%), Vitamin B12: 0.06µg (1.03%)