



Disappearing Caramel Apple Bars

READY IN



60 min.

SERVINGS



24

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 2 large apples yellow peeled thinly sliced
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 cup cinnamon chips
- ☐ 1 teaspoon cinnamon sugar to taste
- ☐ 16 ounce cream cheese softened
- ☐ 0.1 teaspoon ground nutmeg to taste
- ☐ 18 ounce sugar cookie dough refrigerated
- ☐ 1.5 teaspoons vanilla extract

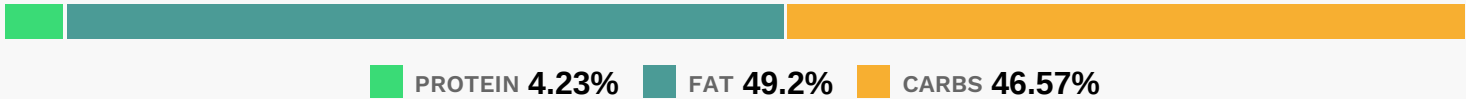
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Press cookie dough into the bottom of a baking sheet.
- ☐ Bake in the preheated oven until light-golden brown, 10 to 12 minutes.
- ☐ Remove from oven and cool completely.
- ☐ Mix cream cheese, brown sugar, and vanilla extract together in a bowl until smooth; fold in cinnamon chips.
- ☐ Spread cream cheese mixture over cooled cookie and layer with apple slices.
- ☐ Sprinkle cinnamon sugar and nutmeg over apple slice layer.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:10.98, Glycemic Load:1.89, Inflammation Score:-2, Nutrition Score:2.6534782388936%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 205.97kcal (10.3%), Fat: 11.42g (17.56%), Saturated Fat: 5.2g (32.53%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 23.45g (8.53%), Sugar: 16.53g (18.37%), Cholesterol: 21.43mg (7.14%), Sodium: 147.29mg (6.4%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 2.21g (4.42%), Phosphorus: 62.28mg (6.23%), Vitamin A: 271.74IU (5.43%), Manganese: 0.09mg (4.5%), Vitamin B2: 0.08mg (4.47%), Folate: 16.81µg (4.2%), Vitamin B1: 0.05mg (3.65%), Fiber: 0.86g (3.45%), Selenium: 2.38µg (3.41%), Vitamin B3: 0.67mg (3.33%), Iron: 0.55mg (3.03%), Potassium: 105.82mg (3.02%), Calcium: 26.71mg (2.67%), Vitamin K: 2.68µg (2.55%), Vitamin B5: 0.21mg (2.06%), Vitamin B6: 0.03mg (1.69%), Vitamin E: 0.24mg (1.58%), Vitamin C: 1.17mg (1.41%), Magnesium: 5.6mg (1.4%), Zinc: 0.17mg (1.14%), Copper: 0.02mg (1.05%)