



Easy Caramel Apple Bars

READY IN



175 min.

SERVINGS



36

CALORIES



99 kcal

DESSERT

Ingredients

- 0.5 cup butter cold
- 17.5 oz basic cookie mix
- 1 eggs
- 1 cup apples peeled finely chopped
- 0.8 cup mrs richardson's butterscotch caramel sauce
- 0.3 cup flour all-purpose

Equipment

- bowl

- frying pan
- oven
- blender

Directions

- Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray.
- In large bowl, cut butter into cookie mix using fork or pastry blender. Stir in egg until mixture is crumbly.
- Reserve 1 1/2 cups cookie mixture. Press remaining cookie mixture into bottom of pan.
- Bake 15 minutes.
- Sprinkle apple evenly over crust. In small bowl, mix caramel topping and flour; drizzle over apples.
- Sprinkle reserved cookie mixture over apples.
- Bake 20 to 25 minutes or until golden brown. Cool completely, about 2 hours. For bars, cut into 9 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:0.56739131199277%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 99.44kcal (4.97%), Fat: 4.19g (6.44%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 13.87g (5.04%), Sugar: 9.54g (10.6%), Cholesterol: 11.33mg (3.78%), Sodium: 52.59mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.67%), Vitamin A: 91.5IU (1.83%), Fiber: 0.46g (1.83%),

Selenium: 0.76µg (1.09%)