



## Apple Cinnamon Bars

READY IN



110 min.

SERVINGS



32

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup apples peeled finely chopped (1 medium)
- 0.5 cup spiced apple butter
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 2 eggs
- 1.8 cups flour all-purpose
- 0.5 cup granulated sugar
- 2 tablespoons milk

- 1 cup extra sugar to coat cookies prior to baking (from 10-oz bag)
- 1 cup powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla

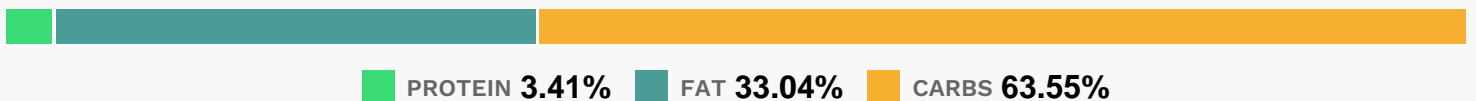
## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 350F. Spray 13x9-inch pan with cooking spray.
- In large bowl, beat butter, granulated sugar and brown sugar with electric mixer on medium speed until light and fluffy.
- Add apple butter, eggs and vanilla; beat until well blended.
- On low speed, beat in flour, baking soda and salt until well blended. Stir in apple and cinnamon chips.
- Spread batter in pan.
- Bake 28 to 32 minutes or until edges begin to pull away from sides of pan and top is evenly browned. Cool in pan on cooling rack at least 1 hour.
- In small bowl, mix glaze ingredients until thin enough to drizzle.
- Drizzle glaze over bars. For bars, cut into 8 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:6.72, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:1.7134782581226%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg 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: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 130.83kcal (6.54%), Fat: 4.93g (7.59%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 20.62g (7.5%), Sugar: 12.17g (13.52%), Cholesterol: 10.34mg (3.45%), Sodium: 93.06mg (4.05%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.15g (2.29%), Selenium: 3.28µg (4.69%), Iron: 0.68mg (3.79%), Vitamin B1: 0.06mg (3.78%), Folate: 14.03µg (3.51%), Manganese: 0.07mg (3.28%), Vitamin B2: 0.05mg (3.07%), Vitamin A: 146.32IU (2.93%), Fiber: 0.72g (2.89%), Vitamin B3: 0.42mg (2.09%), Phosphorus: 15.52mg (1.55%), Vitamin E: 0.15mg (1.02%)