



## Applesauce Squares

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



490 kcal

SIDE DISH

### Ingredients

- 1.5 cups apple sauce
- 2 teaspoons baking soda
- 0.5 cup butter
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup raisins
- 0.8 teaspoon salt

- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped
- 1 cup granulated sugar white

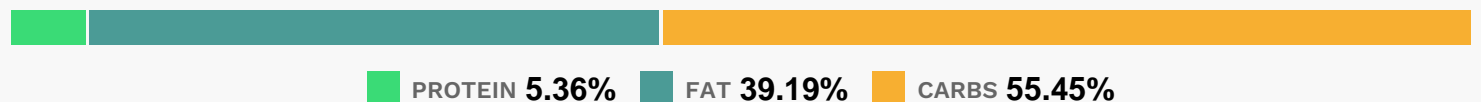
## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 8x8 inch baking pan.
- Cream butter, sugar, eggs and vanilla; beat well.
- Blend in cinnamon, flour, baking soda and salt; add raisins, nuts and applesauce.
- Mix well.
- Place batter into the prepared baking pan and bake at 350 degrees F (175 degrees C) for 30 minutes.
- Cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:34.86, Glycemic Load:42.55, Inflammation Score:-5, Nutrition Score:10.427391275116%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 489.85kcal (24.49%), Fat: 22.1g (33.99%), Saturated Fat: 8.45g (52.79%), Carbohydrates: 70.36g (23.45%), Net Carbohydrates: 66.73g (24.27%), Sugar: 29.81g (33.12%), Cholesterol: 50.96mg (16.99%), Sodium: 597.86mg (25.99%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 6.8g (13.61%), Manganese: 0.8mg (39.92%), Vitamin B1: 0.33mg (22.02%), Selenium: 13.54µg (19.35%), Folate: 76.45µg (19.11%), Copper: 0.35mg

(17.56%), Vitamin B2: 0.26mg (15.19%), Fiber: 3.63g (14.5%), Iron: 2.57mg (14.3%), Phosphorus: 114.64mg (11.46%), Vitamin B3: 2.26mg (11.32%), Magnesium: 37.88mg (9.47%), Potassium: 294.14mg (8.4%), Vitamin A: 400.81IU (8.02%), Vitamin B6: 0.15mg (7.44%), Zinc: 0.81mg (5.38%), Vitamin E: 0.58mg (3.89%), Vitamin B5: 0.35mg (3.48%), Calcium: 34.1mg (3.41%), Vitamin C: 1.63mg (1.98%), Vitamin K: 1.77µg (1.68%), Vitamin B12: 0.07µg (1.22%)