



Harvest Time Apple Bars

 Vegetarian

READY IN



50 min.

SERVINGS



32

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.5 cups apples chopped
- 1 cup firmly brown sugar packed
- 0.5 cup butter cold (1 stick)
- 8 oz philadelphia cream cheese softened
- 1 eggs beaten
- 2 cups flour
- 0.8 cup granulated sugar divided
- 1.5 tsp ground cinnamon

- 2 Tbsp milk
- 0.5 tsp vanilla
- 1 cup planters walnuts chopped

Equipment

- oven
- blender
- baking pan
- hand mixer

Directions

- Preheat oven to 350F.
- Mix flour, brown sugar, 1/2 cup of the granulated sugar and the cinnamon; cut in butter using pastry blender or two knives until mixture resembles coarse crumbs. Stir in walnuts. Reserve 2 cups of the crumb mixture for topping; press remaining crumb mixture firmly onto bottom of 13x9-inch baking pan.
- Beat cream cheese and milk with electric mixer on medium speed until well blended.
- Add remaining 1/4 cup granulated sugar, the egg and vanilla; mix well.
- Pour over crust. Top with apples; sprinkle with reserved crumb mixture.
- Bake 30 min. Cool completely.
- Cut into 32 bars to serve. Store in tightly covered container in refrigerator.

Nutrition Facts



PROTEIN 5.16% **FAT 44.48%** **CARBS 50.36%**

Properties

Glycemic Index:9.91, Glycemic Load:8.26, Inflammation Score:-2, Nutrition Score:2.9130435041759%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin:

0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 156.89kcal (7.84%), Fat: 7.98g (12.27%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 19.47g (7.08%), Sugar: 13.22g (14.68%), Cholesterol: 20.01mg (6.67%), Sodium: 49.73mg (2.16%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 2.08g (4.16%), Manganese: 0.21mg (10.51%), Selenium: 4.03µg (5.75%), Vitamin B1: 0.08mg (5.27%), Folate: 19.76µg (4.94%), Vitamin B2: 0.07mg (4.34%), Vitamin A: 201.24IU (4.02%), Copper: 0.08mg (3.97%), Phosphorus: 35.05mg (3.51%), Fiber: 0.85g (3.39%), Iron: 0.58mg (3.22%), Vitamin B3: 0.53mg (2.67%), Magnesium: 9.87mg (2.47%), Calcium: 22.21mg (2.22%), Vitamin B6: 0.04mg (1.93%), Potassium: 62.48mg (1.79%), Zinc: 0.24mg (1.59%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.14mg (1.42%)