



Old-Fashioned Apple Pie Bars

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 5 cups apples peeled sliced
- ☐ 0.5 cup apple sauce organic
- ☐ 0.7 cup corn flakes organic crushed (or non-GMO)
- ☐ 16 servings non-dairy milk alternative for amount (see instructions)
- ☐ 1 eggs separated
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon

- ☐ 1 cup confectioners' / powdered sugar
- ☐ 1 teaspoon salt
- ☐ 1 cup non-hydrogenated shortening
- ☐ 0.3 cup sugar

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat your oven to 400°F. Sift together the flour, sugar and salt.
- ☐ Cut in the shortening in with pastry blender or fork until crumbs form.
- ☐ Put the egg yolk into a measuring cup and add milk alternative to make 2/3 cup.
- ☐ Pour the milk alternative mixture into the shortening mixture, and mix just until the dough begins to form a ball.
- ☐ Roll out half the dough into a 15 x 11-inch rectangle on a silicone baking mat or parchment paper, and transfer the whole thing to a baking sheet. Cover the pastry with the corn flakes. Stir the apple sauce together with apple slices, and spread on top of the corn flakes.
- ☐ Mix the sugar and cinnamon, and sprinkle over the apple mixture.
- ☐ Roll out other half of the dough for a top crust. Gently place it over the apples, pinching the edges together. Beat the egg white until stiff and spread it on the top crust.
- ☐ Bake for 40 minutes.
- ☐ Cut into 16 squares.
- ☐ Whisk together the confectioners' sugar and lemon juice, until smooth, and drizzle over top of the bars.

Nutrition Facts



PROTEIN 3.97% FAT 45.8% CARBS 50.23%

Properties

Glycemic Index:13.47, Glycemic Load:14.4, Inflammation Score:-2, Nutrition Score:4.8239130351854%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 258.35kcal (12.92%), Fat: 13.38g (20.58%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 31.36g (11.4%), Sugar: 15.48g (17.2%), Cholesterol: 10.23mg (3.41%), Sodium: 159.91mg (6.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Vitamin B1: 0.18mg (12.16%), Selenium: 7.68µg (10.97%), Folate: 43.3µg (10.83%), Manganese: 0.17mg (8.72%), Vitamin B2: 0.14mg (8.45%), Iron: 1.39mg (7.72%), Vitamin K: 7.82µg (7.45%), Vitamin B3: 1.44mg (7.21%), Fiber: 1.66g (6.65%), Vitamin E: 0.94mg (6.27%), Vitamin C: 2.92mg (3.54%), Phosphorus: 32.64mg (3.26%), Vitamin B6: 0.06mg (2.79%), Vitamin B5: 0.25mg (2.47%), Copper: 0.05mg (2.39%), Potassium: 78.22mg (2.23%), Magnesium: 7.45mg (1.86%), Vitamin B12: 0.09µg (1.56%), Zinc: 0.21mg (1.39%), Vitamin A: 63.4IU (1.27%), Calcium: 10.27mg (1.03%)