



## Salted Caramel Apple S'more Bars

READY IN



60 min.

SERVINGS



9

CALORIES



602 kcal

DESSERT

### Ingredients

- 1.5 cups golden beets
- 2.5 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon sea salt
- 1 cup butter softened
- 1.5 cups sugar
- 1 teaspoon vanilla
- 2 eggs
- 2 tablespoons butter

- 2 apples peeled sliced
- 0.3 cup brown sugar packed
- 1 teaspoon sea salt
- 1 cup marshmallows miniature
- 1 cup golden beets
- 0.5 cup chocolate chips

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender
- hand mixer

## Directions

- Heat oven to 350°F. Grease 9-inch square pan with shortening, or spray with cooking spray.
- In blender, crush 1 1/2 cups cereal; place in medium bowl.
- Add flour, baking powder and 1/2 teaspoon salt; stir into crushed cereal. Set aside.
- In large bowl, beat 1 cup butter and granulated sugar with electric mixer on medium speed until light and fluffy. Beat in vanilla and eggs. While beating on low speed, gradually add cereal-flour mixture, beating until dough forms.
- Reserve 1 cup of dough for topping. Press remaining dough in bottom of pan to form Base.
- Bake 15 minutes.
- Meanwhile, in 2-quart nonstick saucepan, melt 2 tablespoons butter over medium heat.
- Add apples; sprinkle with brown sugar. Cook 5 to 7 minutes or until apples are softened.
- Remove Base from oven. Spoon cooked apples in caramel over Base.
- Sprinkle 1 teaspoon salt over apples. Top with S'more Toppings. Crumble reserved cup of dough evenly over top.

- Bake 10 minutes longer or until top is browned. Cool completely, about 30 minutes.
- Cut into 3 rows by 3 rows for 9 bars, or 4 rows by 3 rows for 12 bars. Store in refrigerator.

## Nutrition Facts

**PROTEIN 3.83%**

**FAT 40.06%**

**CARBS 56.11%**

### Properties

Glycemic Index:61.95, Glycemic Load:48.51, Inflammation Score:-6, Nutrition Score:9.6773913839589%

### Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

### Nutrients (% of daily need)

Calories: 601.77kcal (30.09%), Fat: 27.36g (42.09%), Saturated Fat: 16.73g (104.59%), Carbohydrates: 86.22g (28.74%), Net Carbohydrates: 83.25g (30.27%), Sugar: 55.07g (61.19%), Cholesterol: 97.29mg (32.43%), Sodium: 714.96mg (31.09%), Alcohol: 0.15g (100%), Alcohol %: 0.09% (100%), Protein: 5.88g (11.76%), Folate: 111.5µg (27.87%), Selenium: 15.69µg (22.42%), Vitamin B1: 0.3mg (19.77%), Manganese: 0.39mg (19.29%), Vitamin A: 795.16IU (15.9%), Vitamin B2: 0.26mg (15.19%), Iron: 2.31mg (12.85%), Fiber: 2.97g (11.89%), Vitamin B3: 2.25mg (11.23%), Phosphorus: 103.41mg (10.34%), Calcium: 91.19mg (9.12%), Potassium: 262.06mg (7.49%), Vitamin E: 0.87mg (5.79%), Copper: 0.11mg (5.38%), Magnesium: 21.05mg (5.26%), Vitamin C: 3.71mg (4.5%), Vitamin B5: 0.42mg (4.25%), Vitamin B6: 0.08mg (3.87%), Zinc: 0.55mg (3.68%), Vitamin K: 3.08µg (2.94%), Vitamin B12: 0.14µg (2.25%), Vitamin D: 0.2µg (1.3%)