



Shortcut Caramel Apple Bars

READY IN



115 min.

SERVINGS



48

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 2 cups apples peeled coarsely chopped
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 1.3 cups butter melted
- ☐ 1.5 cups mrs richardson's butterscotch caramel sauce
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 2 cups oats
- ☐ 0.5 cup walnut pieces chopped

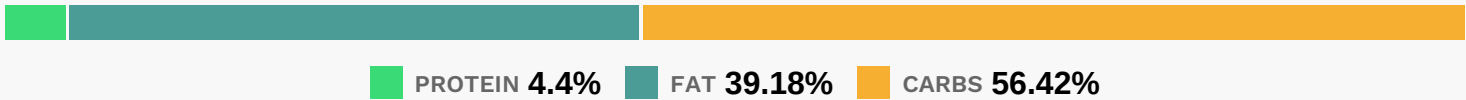
Equipment

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

Directions

- ☐ Heat oven to 350F. Grease 15x10x1-inch pan with shortening. In large bowl with electric mixer, beat base and topping ingredients on low speed until crumbly. Press half of mixture (about 2 1/2 cups) in pan to form base; reserve remaining mixture for topping.
- ☐ Bake 8 minutes.
- ☐ Meanwhile, in 1-quart saucepan, mix caramel topping and 1/2 cup flour until well blended.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil 3 to 5 minutes, stirring constantly, until mixture thickens slightly.
- ☐ Remove partially baked base from oven.
- ☐ Sprinkle with apples and walnuts.
- ☐ Pour caramel mixture evenly over top.
- ☐ Sprinkle with reserved topping mixture.
- ☐ Return to oven; bake 20 to 25 minutes longer or until golden brown. Cool on wire rack 30 minutes. Refrigerate until set, about 30 minutes.
- ☐ Cut into 8 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:5.09, Inflammation Score:-2, Nutrition Score:2.5252174139023%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 130.79kcal (6.54%), Fat: 5.86g (9.01%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 18.28g (6.65%), Sugar: 11.33g (12.59%), Cholesterol: 0mg (0%), Sodium: 104.86mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Manganese: 0.24mg (12.05%), Selenium: 3.59µg (5.13%), Vitamin B1: 0.08mg (5%), Vitamin A: 220.87IU (4.42%), Folate: 14.61µg (3.65%), Magnesium: 13.89mg (3.47%), Phosphorus: 31.68mg (3.17%), Iron: 0.55mg (3.05%), Fiber: 0.7g (2.8%), Vitamin B2: 0.04mg (2.45%), Copper: 0.05mg (2.29%), Vitamin B3: 0.44mg (2.2%), Vitamin E: 0.23mg (1.55%), Calcium: 15.01mg (1.5%), Potassium: 46.3mg (1.32%), Zinc: 0.2mg (1.3%)