



Shortcut Caramel Apple Bars

READY IN



115 min.

SERVINGS



48

CALORIES



112 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 gold medal®
- ☐ 2 cups oats
- ☐ 0.5 cup walnut pieces chopped

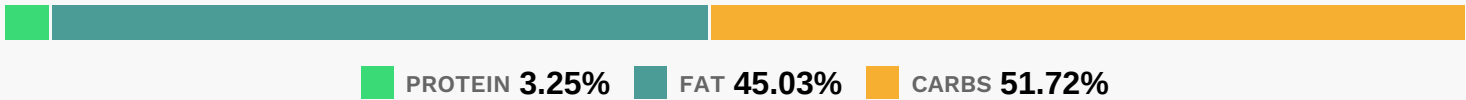
Equipment

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

Directions

- ☐ Heat oven to 350°F. 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:4, Glycemic Load:2.22, Inflammation Score:-2, Nutrition Score:1.8113043256428%

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: 111.84kcal (5.59%), Fat: 5.81g (8.93%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 14.45g (5.25%), Sugar: 11.32g (12.58%), Cholesterol: 0mg (0%), Sodium: 104.76mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Manganese: 0.21mg (10.28%), Vitamin A: 220.87IU (4.42%), Magnesium: 12.74mg (3.19%), Phosphorus: 26.06mg (2.61%), Selenium: 1.82µg (2.61%), Vitamin B1: 0.03mg (2.27%), Fiber: 0.56g (2.24%), Copper: 0.04mg (1.92%), Iron: 0.31mg (1.71%), Vitamin E: 0.23mg (1.53%), Calcium: 14.23mg (1.42%), Folate: 5.08µg (1.27%), Potassium: 40.72mg (1.16%), Zinc: 0.16mg (1.06%)