



Apple Brickle Dip

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



512 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 8 ounce cream cheese softened
- ☐ 4 apples i use 2 granny smith apples cored sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon juice of lime
- ☐ 8 ounce toffee baking bits
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

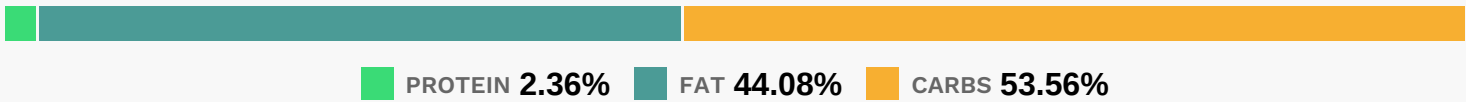
Equipment

☐ bowl

Directions

- ☐ Beat together the cream cheese, brown and white sugars, and vanilla extract in a bowl until smooth. Stir in toffee bits.
- ☐ Pour the lime and lemon juices over the sliced apples to prevent browning.
- ☐ Serve dip with the apples on the side.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:23.28, Inflammation Score:-6, Nutrition Score:4.9573913268421%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 511.91kcal (25.6%), Fat: 25.62g (39.42%), Saturated Fat: 15.44g (96.53%), Carbohydrates: 70.05g (23.35%), Net Carbohydrates: 67.12g (24.41%), Sugar: 64.32g (71.47%), Cholesterol: 77.49mg (25.83%), Sodium: 176.28mg (7.66%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 3.09g (6.17%), Vitamin A: 1010.01IU (20.2%), Fiber: 2.93g (11.72%), Vitamin C: 7.37mg (8.94%), Vitamin B2: 0.15mg (8.66%), Calcium: 72.67mg (7.27%), Phosphorus: 67.21mg (6.72%), Potassium: 230.04mg (6.57%), Vitamin E: 0.91mg (6.05%), Selenium: 3.83µg (5.47%), Vitamin K: 4.54µg (4.32%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.37mg (3.71%), Magnesium: 13.06mg (3.27%),

Manganese: 0.06mg (3.09%), Copper: 0.05mg (2.57%), Vitamin B1: 0.03mg (2.24%), Folate: 8.73µg (2.18%), Vitamin B12: 0.12µg (2.08%), Zinc: 0.29mg (1.95%), Iron: 0.34mg (1.88%)