



Apples With Caramel Dipping Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup caramel sundae syrup fat-free (such as Smucker's)
- ☐ 1 tablespoon milk fat-free
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 4 cups delicious apple wedges red (3 to 4 apples)
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.8 cup non-dairy whipped topping fat-free frozen thawed

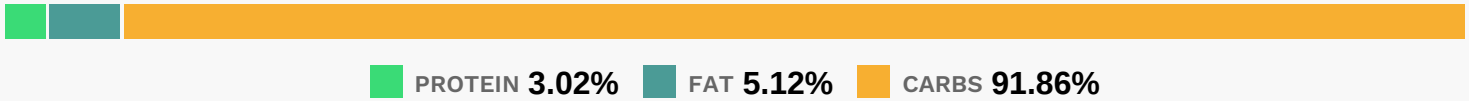
Equipment

- ☐ whisk

Directions

- ☐ Combine first 4 ingredients; stir with a whisk until blended. Gently fold in whipped topping. Cover and chill.
- ☐ Serve with apple wedges.

Nutrition Facts



Properties

Glycemic Index:17.56, Glycemic Load:4.62, Inflammation Score:-2, Nutrition Score:3.1956521674343%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg 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: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 149.28kcal (7.46%), Fat: 0.92g (1.42%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 34.06g (12.39%), Sugar: 31.58g (35.08%), Cholesterol: 2.36mg (0.79%), Sodium: 109.28mg (4.75%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 1.22g (2.44%), Fiber: 3.12g (12.49%), Vitamin B2: 0.12mg (7.34%), Vitamin C: 5.9mg (7.15%), Potassium: 174.75mg (4.99%), Vitamin B12: 0.28µg (4.68%), Calcium: 42.76mg (4.28%), Manganese: 0.08mg (4.02%), Phosphorus: 38.44mg (3.84%), Vitamin B6: 0.07mg (3.55%), Vitamin B1: 0.04mg (2.95%), Vitamin K: 2.83µg (2.7%), Vitamin A: 125.55IU (2.51%), Magnesium: 9.34mg (2.34%), Copper: 0.04mg (1.86%), Folate: 6.79µg (1.7%), Vitamin E: 0.25mg (1.7%), Vitamin B5: 0.13mg (1.35%), Selenium: 0.87µg (1.24%)