



Black-and-White Caramel Apples

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1108 kcal

DESSERT

Ingredients

- ☐ 14 ounce caramels
- ☐ 6 wooden craft sticks
- ☐ 6 large granny smith apples
- ☐ 2 cups pecans toasted chopped
- ☐ 12 ounce semisweet chocolate morsels
- ☐ 1 tablespoon vanilla extract
- ☐ 1 tablespoon water
- ☐ 6 ounces chocolate morsels white

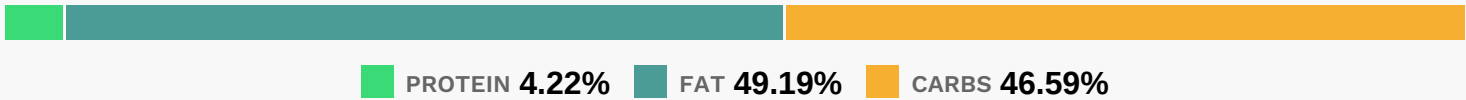
Equipment

- ☐ bowl
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Wash and dry apples; remove stems. Insert craft sticks into stem end of each apple; set aside.
- ☐ Combine caramels, vanilla, and 1 tablespoon water in a microwave-safe glass bowl. Microwave on HIGH 90 seconds or until melted, stirring twice.
- ☐ Dip each apple into the caramel mixture quickly, allowing excess caramel to drip off.
- ☐ Roll in chopped pecans; place on lightly greased wax paper. Chill at least 15 minutes.
- ☐ Microwave semisweet chocolate morsels at HIGH 90 seconds or until melted, stirring twice; cool 5 minutes.
- ☐ Pour chocolate where craft sticks and apple meet, allowing chocolate to drip down sides of apples. Microwave white chocolate morsels at HIGH 60 seconds or until melted, stirring once; drizzle evenly over semisweet chocolate. Press pecan halves onto chocolate, if desired. Chill 15 minutes or until set.
- ☐ NOTE: For testing purposes only, we used Kraft Caramels.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:53.12, Inflammation Score:-7, Nutrition Score:23.899130593175%

Flavonoids

Cyanidin: 7.4mg, Cyanidin: 7.4mg, Cyanidin: 7.4mg, Cyanidin: 7.4mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg Epicatechin: 17.09mg, Epicatechin: 17.09mg, Epicatechin: 17.09mg, Epicatechin: 17.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 1.26mg, Epigallocatechin 3–gallate: 1.26mg, Epigallocatechin 3–gallate: 1.26mg, Epigallocatechin 3–gallate: 1.26mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 1107.6kcal (55.38%), Fat: 62.73g (96.5%), Saturated Fat: 21.94g (137.13%), Carbohydrates: 133.66g (44.55%), Net Carbohydrates: 120.16g (43.69%), Sugar: 105.83g (117.59%), Cholesterol: 13.99mg (4.66%), Sodium: 199mg (8.65%), Alcohol: 0.75g (100%), Alcohol %: 0.23% (100%), Caffeine: 48.76mg (16.25%), Protein: 12.12g (24.23%), Manganese: 2.48mg (124.15%), Copper: 1.24mg (61.8%), Fiber: 13.5g (53.99%), Magnesium: 170.28mg (42.57%), Phosphorus: 398.99mg (39.9%), Iron: 4.94mg (27.45%), Potassium: 945.31mg (27.01%), Vitamin B1: 0.38mg (25.53%), Zinc: 3.75mg (24.98%), Vitamin B2: 0.39mg (22.74%), Calcium: 223.58mg (22.36%), Vitamin K: 15.2µg (14.48%), Vitamin C: 11.19mg (13.56%), Selenium: 8.63µg (12.32%), Vitamin E: 1.83mg (12.21%), Vitamin B6: 0.24mg (12.17%), Vitamin B5: 1.21mg (12.13%), Vitamin B12: 0.46µg (7.65%), Vitamin B3: 1.43mg (7.17%), Folate: 20.75µg (5.19%), Vitamin A: 223.36IU (4.47%)