



# Butterfinger Caramel Apples



Vegetarian



Gluten Free

Image not found or type unknown

READY IN

ready

62 min.

SERVINGS

servings

6

CALORIES

calories

366 kcal

DESSERT

## Ingredients

- ☐ 24 pieces nestle® butterfinger® bites candy chopped
- ☐ 14 ounce caramels
- ☐ 6 wooden craft sticks
- ☐ 6 tart apples dried washed
- ☐ 2 tablespoons water

## Equipment

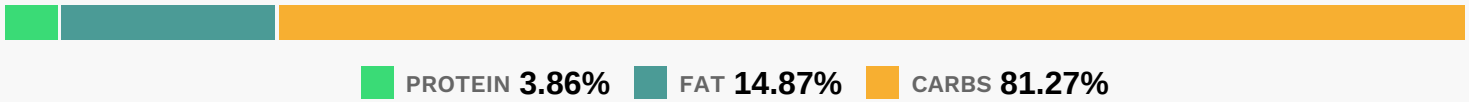
- ☐ bowl
- ☐ baking sheet

- ☐ wax paper
- ☐ microwave

## Directions

- ☐ Line tray or baking sheet with wax paper. Insert 1 stick into stem end of each apple.
- ☐ Microwave caramels and water in large, microwave-safe bowl on HIGH (100%) power for 2 minutes; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth.
- ☐ Dip each apple in melted caramel; scrape excess caramel from bottoms. Quickly roll bottom half of apples in chopped Butterfinger, then place on prepared tray. Refrigerate for 45 minutes or until set. Store apples in refrigerator in airtight container. Apples are best if they are served the same day as they are prepared.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:39.76, Inflammation Score:-3, Nutrition Score:5.7804347432178%

## Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

## Nutrients (% of daily need)

Calories: 366.25kcal (18.31%), Fat: 6.43g (9.89%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 79.09g (26.36%), Net Carbohydrates: 74.57g (27.12%), Sugar: 64.15g (71.27%), Cholesterol: 4.63mg (1.54%), Sodium: 176.53mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Fiber: 4.51g (18.05%), Vitamin B2: 0.22mg (13.02%), Vitamin C: 8.76mg (10.62%), Calcium: 105.4mg (10.54%), Potassium: 355.5mg (10.16%), Phosphorus: 100.27mg (10.03%), Vitamin B1: 0.1mg (6.98%), Vitamin K: 6.45µg (6.15%), Vitamin B6: 0.12mg (5.87%), Magnesium: 22.76mg (5.69%), Vitamin B5: 0.55mg (5.46%), Vitamin E: 0.71mg (4.74%), Manganese: 0.09mg

(4.73%), Copper: 0.07mg (3.55%), Vitamin B12: 0.2µg (3.33%), Vitamin A: 144.02IU (2.88%), Zinc: 0.41mg (2.73%), Folate: 10.67µg (2.67%), Iron: 0.35mg (1.95%), Vitamin B3: 0.38mg (1.91%), Selenium: 1.32µg (1.89%)