



Calypso Caramel Apples

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



911 kcal

DESSERT

Ingredients

- ☐ 14 ounce caramels
- ☐ 6 wooden craft sticks
- ☐ 1 cup coconut or toasted
- ☐ 6 large granny smith apples
- ☐ 1 cup macadamia nuts toasted chopped
- ☐ 12 ounce semisweet chocolate morsels
- ☐ 1 tablespoon vanilla extract
- ☐ 1 tablespoon water

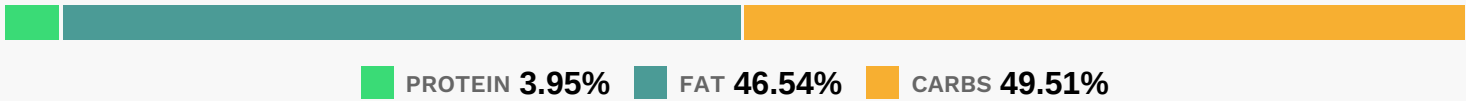
Equipment

- ☐ 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.
- ☐ Combine chopped macadamia nuts and toasted coconut; roll each apple in macadamia nut-coconut mixture and place on lightly greased wax paper. Chill at least 15 minutes.
- ☐ Microwave 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. 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:24.83, Glycemic Load:41.46, Inflammation Score:-7, Nutrition Score:21.0478262383%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Epigallocatechin 3–gallate: 0.42mg 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: 911.29kcal (45.56%), Fat: 48.86g (75.16%), Saturated Fat: 20.85g (130.31%), Carbohydrates: 116.94g (38.98%), Net Carbohydrates: 103.86g (37.77%), Sugar: 89.51g (99.46%), Cholesterol: 8.03mg (2.68%), Sodium: 177.27mg (7.71%), Alcohol: 0.75g (100%), Alcohol %: 0.24% (100%), Caffeine: 48.76mg (16.25%), Protein: 9.33g (18.66%), Manganese: 1.97mg (98.41%), Fiber: 13.07g (52.29%), Copper: 1.01mg (50.5%), Magnesium: 156.21mg (39.05%), Phosphorus: 305.5mg (30.55%), Iron: 5.1mg (28.35%), Vitamin B1: 0.4mg (26.73%), Potassium: 844.91mg (24.14%), Vitamin B2: 0.3mg (17.55%), Calcium: 162.58mg (16.26%), Zinc: 2.33mg (15.52%), Vitamin C: 11.35mg (13.76%), Selenium: 8.12µg (11.6%), Vitamin B6: 0.22mg (10.99%), Vitamin K: 11.38µg (10.84%), Vitamin B5: 0.94mg (9.36%), Vitamin E: 1.2mg (8.02%), Vitamin B3: 1.42mg (7.11%), Vitamin B12: 0.3µg (5.01%), Folate: 16.7µg (4.17%), Vitamin A: 194.51IU (3.89%)