

Candied Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



654 kcal

DESSERT

Ingredients

- ☐ 10 medium apples
- ☐ 2 teaspoons cinnamon
- ☐ 1 cup plus light
- ☐ 0.3 teaspoon food coloring red
- ☐ 6 cups sugar
- ☐ 1.5 cups water
- ☐ 10 frangelico
- ☐ 10 frangelico

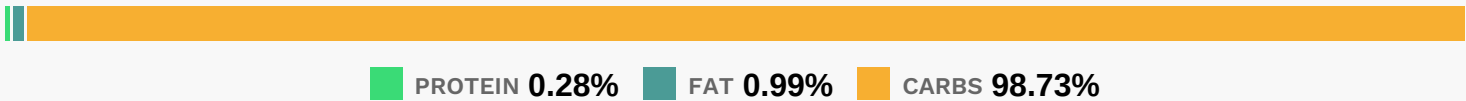
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ plastic wrap
- ☐ double boiler
- ☐ wooden skewers

Directions

- ☐ Wash and dry apples; remove stems. Insert wooden skewers into stem end of each apple. Set aside at room temperature.
- ☐ Combine sugar, water, syrup, and cinnamon extract in a heavy saucepan; stir well. Bring to a boil; cover and cook 3 minutes. Uncover and continue cooking, without stirring, until mixture reaches soft crack stage (290).
- ☐ Add food coloring, mixing well.
- ☐ Transfer syrup to top of a double boiler.
- ☐ Place over boiling water, and quickly dip apples in syrup; allow excess to drip off.
- ☐ Place apples on lightly greased baking sheets to cool. To store, wrap tightly in plastic wrap.

Nutrition Facts



Properties

Glycemic Index:12.61, Glycemic Load:95.39, Inflammation Score:-1, Nutrition Score:3.4173913157505%

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 Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 654.13kcal (32.71%), Fat: 0.77g (1.18%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 171.15g (57.05%), Net Carbohydrates: 166.57g (60.57%), Sugar: 164.89g (183.21%), Cholesterol: 0mg (0%), Sodium: 25.98mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Fiber: 4.58g (18.32%), Vitamin C: 8.39mg (10.17%), Manganese: 0.14mg (6.92%), Potassium: 199.21mg (5.69%), Vitamin B2: 0.07mg (4.13%), Vitamin K: 4.13µg (3.93%), Vitamin B6: 0.08mg (3.76%), Vitamin B1: 0.05mg (3.41%), Copper: 0.06mg (3.23%), Magnesium: 10.04mg (2.51%), Vitamin E: 0.34mg (2.25%), Calcium: 21.63mg (2.16%), Phosphorus: 20.28mg (2.03%), Vitamin A: 99.46IU (1.99%), Iron: 0.31mg (1.73%), Zinc: 0.25mg (1.64%), Selenium: 0.97µg (1.39%), Folate: 5.48µg (1.37%), Vitamin B5: 0.11mg (1.12%)