

Candied Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus
- ☐ 0.3 cup cinnamon candies red (such as Hots)
- ☐ 4 ounce delicious apples red stemmed
- ☐ 1 cup sugar
- ☐ 0.3 cup water

Equipment

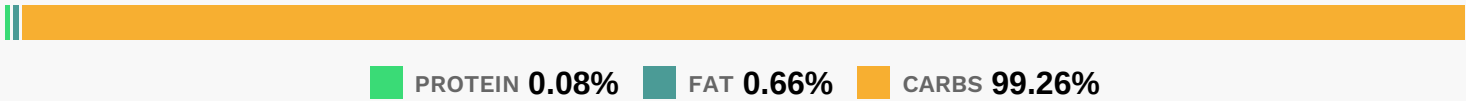
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Line a large baking sheet with foil, and coat with cooking spray. Insert 1 (6-inch) white dowel into stem end of each apple.
- ☐ Combine sugar, corn syrup, water, and candies in a small heavy saucepan over medium heat. Cook until sugar dissolves, stirring occasionally. Cook, without stirring, until a candy thermometer registers 300 (about 8 minutes).
- ☐ Remove from heat.
- ☐ Working with 1 apple at a time, holding apple by its dowel, dip in syrup, tilting pan to cover apple. Turn apple quickly to coat evenly with syrup; let excess syrup drip back into pan.
- ☐ Place apple, dowel side up, on prepared baking sheet to harden (about 5 minutes).

Nutrition Facts



Properties

Glycemic Index:15.14, Glycemic Load:20.04, Inflammation Score:1, Nutrition Score:0.32043478589343%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 170.31kcal (8.52%), Fat: 0.13g (0.2%), Saturated Fat: 0g (0.02%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 44.49g (16.18%), Sugar: 43.51g (48.35%), Cholesterol: 0mg (0%), Sodium: 9.69mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.07%), Fiber: 0.34g (1.36%)