



## Candy Apple Creations

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



479 kcal

DESSERT

### Ingredients

- ☐ 28 ounce individually wrapped caramels
- ☐ 8 servings chocolate chips white assorted chopped
- ☐ 8 delicious apples red
- ☐ 0.3 cup water
- ☐ 8 sticks frangelico (6-inch)

### Equipment

- ☐ sauce pan
- ☐ wax paper

# Directions

- ☐ Wash and dry apples. Insert wooden twig or craft stick into stem of apples; set aside.
- ☐ Combine caramels and water in a heavy saucepan. Cook over low heat, stirring constantly until caramels melt.
- ☐ Remove caramel mixture from heat.
- ☐ Dip apples in caramel mixture, covering apples completely. (Spoon caramel mixture over bare spots, if necessary.) Scrape excess caramel from bottoms of apples; roll bottoms in chopped peanuts, white chocolate morsels, or assorted candies. Decorate craft sticks with ribbon, if desired.
- ☐ Place apples on wax paper coated with cooking spray. Store in refrigerator.
- ☐ Let stand at room temperature 15 minutes before serving to allow caramel to soften.

## Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:56.71, Inflammation Score:-3, Nutrition Score:6.6739130175632%

## 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: 479.06kcal (23.95%), Fat: 8.67g (13.33%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 102.11g (34.04%), Net Carbohydrates: 97.74g (35.54%), Sugar: 84.51g (93.9%), Cholesterol: 7.16mg (2.39%), Sodium: 246.19mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin B2: 0.3mg (17.89%), Fiber: 4.37g (17.48%), Calcium: 150.06mg (15.01%), Phosphorus: 134.89mg (13.49%), Potassium: 409.94mg (11.71%), Vitamin C: 8.77mg (10.64%), Vitamin B1: 0.13mg (8.92%), Vitamin B5: 0.73mg (7.32%), Vitamin B6: 0.13mg (6.54%), Magnesium:

26.16mg (6.54%), Vitamin K: 5.88µg (5.6%), Vitamin E: 0.79mg (5.29%), Vitamin B12: 0.3µg (5.05%), Manganese: 0.07mg (3.73%), Zinc: 0.52mg (3.45%), Copper: 0.07mg (3.44%), Vitamin A: 140.25IU (2.81%), Selenium: 1.83µg (2.62%), Folate: 9.5µg (2.37%), Iron: 0.36mg (2%), Vitamin B3: 0.32mg (1.6%)