



Candy Apple Quickies



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 8 apples crisp
- ☐ 1.3 cups candy melts
- ☐ 1.3 cups candy melts green
- ☐ 8 cinnamon sticks
- ☐ 8 servings sprinkles for decoration

Equipment

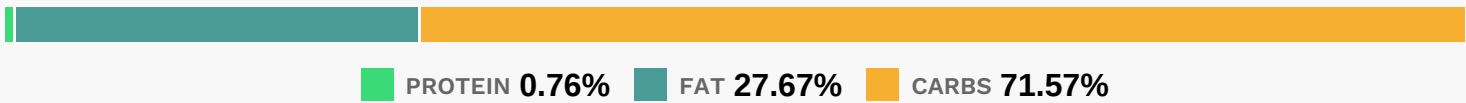
- ☐ bowl
- ☐ baking sheet

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Line a large cookie sheet with waxed paper.
- ☐ Pour sprinkles and candy into small bowls.
- ☐ Insert stick into stem ends of each apple. Make sure sticks are tightly secured.
- ☐ Place each color of candy melts in a separate microwave-safe, 2-cup measuring cup or bowl. To melt, work with one cup of candy at a time and microwave on medium for 1 minute. Stir and then microwave in 15-second intervals until totally melted.
- ☐ Holding apple by stick, dip it into melted candy, swirling until apple is fully coated. While coating is still wet, dip apple into sprinkles or sprinkle small candies all over apple.
- ☐ Place finished apple on prepared cookie sheet to set for at least 30 minutes or up to 1 day before serving. Repeat with remaining apples and candy.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:6.69, Inflammation Score:-2, Nutrition Score:4.9565217378347%

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: 311.32kcal (15.57%), Fat: 9.91g (15.25%), Saturated Fat: 8.83g (55.19%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 51.45g (18.71%), Sugar: 48.44g (53.83%), Cholesterol: 0mg (0%), Sodium: 36.07mg (1.57%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Manganese: 0.68mg (33.75%), Fiber: 6.23g (24.91%), Vitamin C: 8.51mg (10.31%), Potassium: 209.82mg (6%), Vitamin K: 5.1µg (4.85%), Calcium: 45.99mg (4.6%), Vitamin B6: 0.08mg (4.01%), Copper: 0.06mg (3.05%), Vitamin B2: 0.05mg (2.87%), Iron: 0.51mg (2.83%), Magnesium: 11.2mg (2.8%), Vitamin E: 0.41mg (2.73%), Phosphorus: 22.26mg (2.23%), Vitamin A: 108.61IU (2.17%), Vitamin B1: 0.03mg (2.11%), Folate: 5.67µg (1.42%), Vitamin B5: 0.12mg (1.24%), Vitamin B3: 0.21mg (1.06%)