



Candy Apples

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



664 kcal

Ingredients

- 13 ounce caramel apple wraps
- 8 wooden craft sticks
- 8 servings toppings: colored sprinkles black chopped
- 16 ounce chocolate bar
- 8 medium gala apples
- 8 servings orange paste food coloring
- 16 ounces vanilla bark coating

Equipment

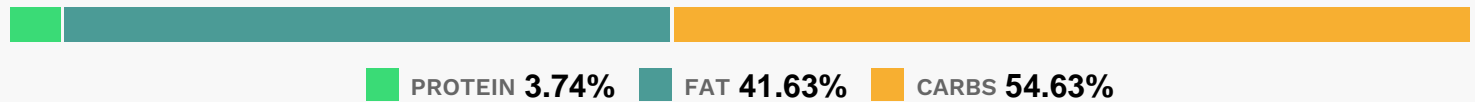
- sauce pan

microwave

Directions

- Insert craft sticks into apples. Cover each apple with 1 caramel wrap.
- Microwave at HIGH 15 to 20 seconds. Cool.
- Melt chocolate bar in a small saucepan over low heat.
- Dip each apple into chocolate; let dry.
- Melt vanilla bark coating in a small saucepan over low heat; stir in orange food coloring.
- Dip or drizzle each apple with vanilla coating mixture. Decorate with desired toppings, and let dry.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:12.9, Inflammation Score:-7, Nutrition Score:16.390434762706%

Flavonoids

Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.17mg, Epicatechin: 17.17mg, Epicatechin: 17.17mg, Epicatechin: 17.17mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 663.81kcal (33.19%), Fat: 25.12g (38.65%), Saturated Fat: 14.44g (90.23%), Carbohydrates: 74.19g (24.73%), Net Carbohydrates: 62.47g (22.72%), Sugar: 53.65g (59.61%), Cholesterol: 1.7mg (0.57%), Sodium: 21.92mg (0.95%), Alcohol: 19.5g (100%), Alcohol %: 6.93% (100%), Caffeine: 45.36mg (15.12%), Protein: 5.07g (10.14%), Manganese: 1.32mg (65.94%), Copper: 1.11mg (55.26%), Fiber: 11.72g (46.87%), Iron: 7.1mg (39.43%), Magnesium: 147.92mg (36.98%), Potassium: 743.75mg (21.25%), Phosphorus: 204.08mg (20.41%), Zinc: 2.04mg (13.57%), Vitamin C: 10.62mg (12.87%), Vitamin K: 10.33µg (9.84%), Vitamin B2: 0.16mg (9.39%), Vitamin B6: 0.13mg

(6.64%), Calcium: 62.91mg (6.29%), Selenium: 3.87µg (5.53%), Vitamin B3: 1.06mg (5.29%), Vitamin E: 0.76mg (5.04%), Vitamin B1: 0.07mg (4.34%), Vitamin B5: 0.41mg (4.06%), Vitamin A: 163.23IU (3.26%), Vitamin B12: 0.16µg (2.65%), Folate: 8.28µg (2.07%)