



Candy-Coated Caramel Apples

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



430 kcal

DESSERT

Ingredients

- 8 small apples
- 0.3 cup candy corn
- 14 oz individually wrapped caramels soft
- 0.3 cup pumpkin candies and gummy worms
- 0.3 cup sprinkles
- 0.3 cup heavy whipping cream
- 0.3 cup cinnamon candies
- 1.5 oz reese's pieces peanut butter pastel eggs

- 1.4 oz heath candy bars crushed

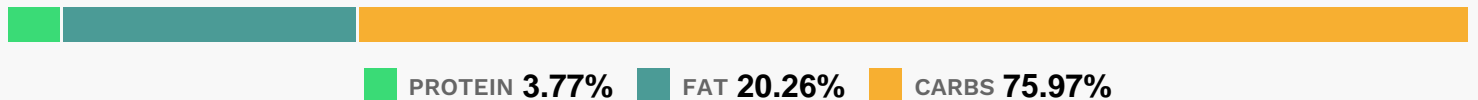
Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- pot

Directions

- Line a baking sheet with parchment paper.
- Place candy (except caramels) in separate small bowls. Insert a craft stick into stem end of each apple.
- Place caramels and cream in a heavy saucepan and heat on medium-low, stirring, until caramels have melted and mixture is smooth.
- Remove from heat.
- Hold an apple by its stick over pot and spoon caramel over apple to coat, allowing excess to drip back into pot (if caramel gets too stiff, reheat for a minute or 2 to loosen). Press candy into caramel on apple and place apple, stick side up, on prepared baking sheet. Repeat with remaining apples and candy.
- Let apples stand until caramel has cooled, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:31.84, Inflammation Score:-3, Nutrition Score:5.1317391317824%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg

Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg
Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 429.56kcal (21.48%), Fat: 10.15g (15.62%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 85.65g (28.55%),
Net Carbohydrates: 81.8g (29.74%), Sugar: 70.87g (78.74%), Cholesterol: 13.02mg (4.34%), Sodium: 170.25mg
(7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Fiber: 3.85g (15.4%), Vitamin B2: 0.19mg
(11.26%), Phosphorus: 88.26mg (8.83%), Calcium: 86.23mg (8.62%), Vitamin C: 7.1mg (8.6%), Potassium: 291.75mg
(8.34%), Vitamin B1: 0.09mg (5.83%), Manganese: 0.12mg (5.81%), Magnesium: 21.08mg (5.27%), Vitamin B6: 0.1mg
(4.87%), Vitamin B5: 0.45mg (4.5%), Vitamin K: 4.72µg (4.5%), Vitamin A: 210.63IU (4.21%), Vitamin E: 0.62mg
(4.12%), Copper: 0.07mg (3.59%), Vitamin B12: 0.17µg (2.78%), Vitamin B3: 0.54mg (2.68%), Folate: 9.68µg (2.42%),
Zinc: 0.36mg (2.38%), Selenium: 1.16µg (1.66%), Iron: 0.28mg (1.57%)