



Caramel Apple and Bacon Boo-Nini's

READY IN



35 min.

SERVINGS



4

CALORIES



816 kcal

Ingredients

- ☐ 3 tablespoons butter
- ☐ 4 tablespoons butter plus more if needed
- ☐ 1 apples i use 2 granny smith apples thinly sliced
- ☐ 0.5 cup heavy cream
- ☐ 8 ounces maple bacon crispy crumbled cooked
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 8 slices bread white such as arnold brick oven sandwich bread

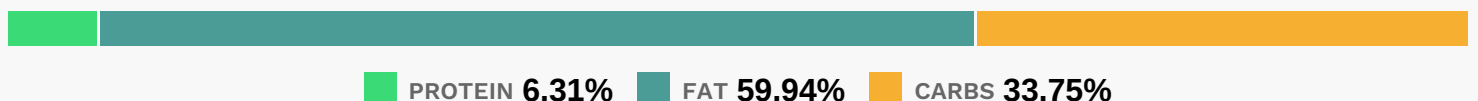
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ cookie cutter
- ☐ spatula
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 1 ghost-shaped cookie cutter, no more than 5 inches long
- ☐ Add 2 tablespoons water, the sugar and salt to a heavy-bottomed saucepan over medium heat. Stir to combine with a heat-proof spatula until the sugar dissolves. Bring the mixture to a boil and cook until the mixture begins to turn an amber brown color, 8 to 10 minutes.
- ☐ Whisk in the cream, remove the saucepan from the heat and stir in the butter, being careful because it will foam up.
- ☐ Adding butter at the end will stop the cooking and keep your caramel soft. Cool.
- ☐ For the sandwich build: Preheat a grill pan over medium-high heat.
- ☐ Spread some salted caramel on one side of 4 pieces of bread. Top with the bacon and apples. Top with the remaining bread and butter both sides of the sandwiches.
- ☐ Place the sandwiches on the grill and cook until nice and toasted, 3 to 4 minutes, flipping halfway through.
- ☐ Add more butter to the pan if needed.
- ☐ Once all sandwiches have been grilled, take a ghost-shaped cookie cutter and punch out ghost shapes from each. Put on a tray and watch masked children devour.

Nutrition Facts



Properties

Glycemic Index:69.22, Glycemic Load:45.38, Inflammation Score:-7, Nutrition Score:11.9899999926609%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 816.28kcal (40.81%), Fat: 55.11g (84.78%), Saturated Fat: 27.4g (171.23%), Carbohydrates: 69.81g (23.27%), Net Carbohydrates: 67.57g (24.57%), Sugar: 45.71g (50.79%), Cholesterol: 123.71mg (41.24%), Sodium: 925.59mg (40.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.08%), Selenium: 24.36µg (34.8%), Vitamin B1: 0.42mg (28.33%), Vitamin B3: 4.73mg (23.66%), Vitamin A: 1095.63IU (21.91%), Phosphorus: 166.29mg (16.63%), Manganese: 0.32mg (16.02%), Folate: 58.79µg (14.7%), Vitamin B2: 0.25mg (14.66%), Calcium: 137.04mg (13.7%), Vitamin B6: 0.23mg (11.33%), Iron: 2.02mg (11.23%), Fiber: 2.24g (8.97%), Vitamin E: 1.28mg (8.52%), Zinc: 1.22mg (8.17%), Potassium: 254.37mg (7.27%), Vitamin B5: 0.71mg (7.13%), Magnesium: 25.16mg (6.29%), Vitamin B12: 0.37µg (6.21%), Copper: 0.1mg (5.21%), Vitamin D: 0.7µg (4.69%), Vitamin K: 3.77µg (3.59%), Vitamin C: 2.27mg (2.75%)