



WHATSheATE



Caramel Apple Chews



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 8 ounces golden delicious apple diced peeled
- ☐ 8 ounce reducedcalorie whipped topping frozen thawed ()
- ☐ 18.3 ounce caramel cake mix (such as Duncan Hines)

Equipment

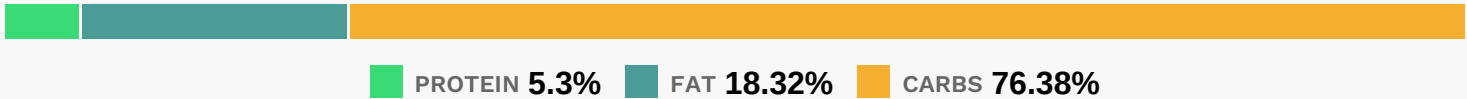
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ stand mixer

Directions

- ☐ Combine first 4 ingredients in a large bowl; beat at medium speed of a heavyduty stand mixer just until moistened. Chill batter 30 minutes, if necessary.
- ☐ Drop by level tablespoons onto cookie sheets coated with cooking spray.
- ☐ Bake at 350 for 16 minutes or just until tops of cookies spring back when touched. (Do not overbake.)
- ☐ Remove cookies from pan; let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:1.3, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:1.7078260947829%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 87.78kcal (4.39%), Fat: 1.8g (2.76%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 16.48g (5.99%), Sugar: 9.81g (10.9%), Cholesterol: 6.35mg (2.12%), Sodium: 127.48mg (5.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Phosphorus: 67.77mg (6.78%), Calcium: 44.52mg (4.45%), Folate: 13.31µg (3.33%), Vitamin B2: 0.05mg (3.17%), Selenium: 2.18µg (3.11%), Vitamin B1: 0.04mg (2.73%), Vitamin B3: 0.43mg (2.14%), Iron: 0.38mg (2.13%), Manganese: 0.04mg (1.92%), Fiber: 0.37g (1.48%), Vitamin E: 0.22mg (1.46%)