



Caramel Apple Cookie Dessert

READY IN



20 min.

SERVINGS



10

CALORIES



482 kcal

DESSERT

Ingredients

- ☐ 2 cups apple juice
- ☐ 18 ounce caramel dip
- ☐ 3 delicious apples red cored peeled sliced
- ☐ 18 ounce sugar cookie dough refrigerated
- ☐ 3 tablespoons sugar white

Equipment

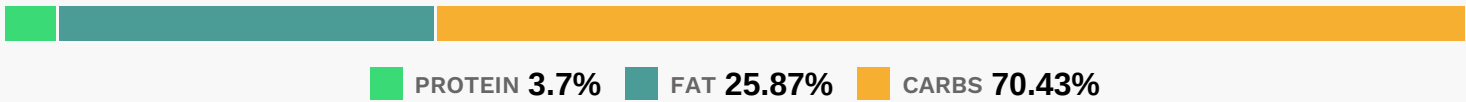
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a cookie sheet.
- ☐ Place apple slices in a bowl and cover with apple juice.
- ☐ Roll out cookie dough onto prepared sheet.
- ☐ Sprinkle with sugar.
- ☐ Bake in preheated oven 5 to 7 minutes, until set.
- ☐ Warm the caramel dip in the microwave, and spread most of it over the cooled cookie.
- ☐ Remove the apple slices from the juice and arrange in rows over the caramel.
- ☐ Drizzle remaining caramel over apples.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:20.78, Glycemic Load:32.29, Inflammation Score:-2, Nutrition Score:5.9039130781008%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.45mg, Epicatechin: 6.45mg, Epicatechin: 6.45mg, Epicatechin: 6.45mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 482.49kcal (24.12%), Fat: 14.24g (21.91%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 87.26g (29.09%), Net Carbohydrates: 85.39g (31.05%), Sugar: 66.1g (73.44%), Cholesterol: 9.19mg (3.06%), Sodium:

276.08mg (12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Phosphorus: 153.89mg (15.39%), Vitamin B2: 0.22mg (12.72%), Vitamin B1: 0.18mg (11.79%), Manganese: 0.22mg (10.94%), Folate: 35.83µg (8.96%), Potassium: 292.81mg (8.37%), Calcium: 81.78mg (8.18%), Fiber: 1.87g (7.48%), Vitamin B3: 1.39mg (6.96%), Iron: 1.14mg (6.35%), Vitamin K: 6.61µg (6.3%), Vitamin B5: 0.5mg (5%), Magnesium: 17.46mg (4.36%), Vitamin C: 3.16mg (3.83%), Selenium: 2.57µg (3.67%), Vitamin B6: 0.07mg (3.48%), Vitamin E: 0.43mg (2.9%), Vitamin B12: 0.16µg (2.72%), Zinc: 0.38mg (2.53%), Copper: 0.05mg (2.45%), Vitamin A: 70.29IU (1.41%)