



Caramel-Apple Crisps

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



6

CALORIES



77 kcal

DESSERT

Ingredients

- 1 tablespoon brown sugar
- 0.5 teaspoon ground cinnamon
- 24 inch popcorn cakes fat-free caramel-flavored
- 1 delicious apple red thinly sliced
- 1.5 tablespoons syrup fat-free caramel-flavored

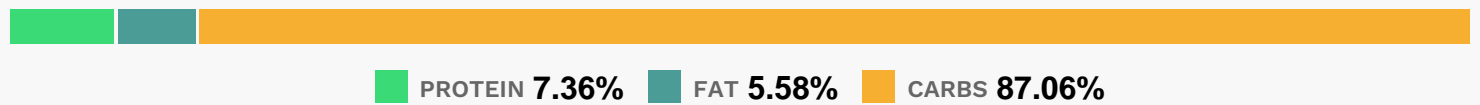
Equipment

- baking sheet
- oven

Directions

- Place popcorn cakes on a baking sheet. Top evenly with sliced apple; drizzle caramel syrup evenly over apple.
- Combine brown sugar and cinnamon.
- Sprinkle over each serving. Broil 5 1/2 inches from heat (with electric oven door partially opened) 3 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:5.38, Inflammation Score:-1, Nutrition Score:1.9343478281213%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 76.86kcal (3.84%), Fat: 0.51g (0.79%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 15.78g (5.74%), Sugar: 8.31g (9.23%), Cholesterol: 0mg (0%), Sodium: 5.42mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Fiber: 2.29g (9.16%), Manganese: 0.15mg (7.7%), Magnesium: 16.43mg (4.11%), Phosphorus: 39.9mg (3.99%), Zinc: 0.33mg (2.19%), Iron: 0.39mg (2.16%), Potassium: 69.26mg (1.98%), Copper: 0.04mg (1.82%), Vitamin C: 1.4mg (1.7%), Vitamin B6: 0.03mg (1.47%), Vitamin B3: 0.27mg (1.33%), Vitamin B1: 0.02mg (1.05%), Folate: 4.09µg (1.02%)