

Caramel Apple Dip



Vegetarian



Gluten Free

READY IN



6 min.

SERVINGS



8

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 16 individually wrapped caramels
- ☐ 8 ounce cream cheese
- ☐ 0.3 cup water

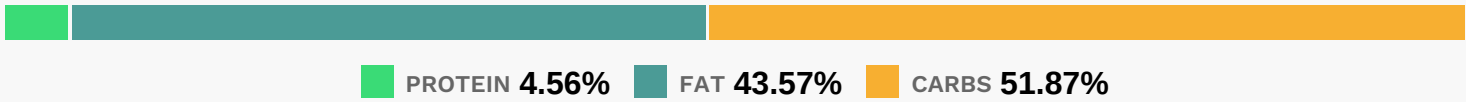
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ In a medium saucepan over medium-low heat, or in the microwave, melt caramels with water, stirring frequently.
- ☐ Remove from heat. In a medium bowl, cream together cream cheese and sugar. Fold in caramel mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:10.43, Inflammation Score:-2, Nutrition Score:2.282173908599%

Nutrients (% of daily need)

Calories: 227.87kcal (11.39%), Fat: 11.37g (17.5%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 30.45g (11.07%), Sugar: 27.5g (30.56%), Cholesterol: 30.03mg (10.01%), Sodium: 142.24mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin A: 389.13IU (7.78%), Vitamin B2: 0.12mg (6.85%), Calcium: 66.73mg (6.67%), Phosphorus: 53.68mg (5.37%), Selenium: 2.96µg (4.23%), Vitamin B5: 0.3mg (3.04%), Potassium: 98.51mg (2.81%), Vitamin E: 0.34mg (2.24%), Vitamin B12: 0.12µg (2.04%), Magnesium: 7.26mg (1.82%), Vitamin B1: 0.03mg (1.81%), Vitamin B6: 0.03mg (1.64%), Zinc: 0.23mg (1.56%)