



## Caramel Apple Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup sugar
- ☐ 2 tablespoons plus light
- ☐ 0.3 cup water
- ☐ 0.3 cup butter
- ☐ 0.3 cup whipping cream
- ☐ 1 tablespoon cream sour
- ☐ 0.8 teaspoon sea salt

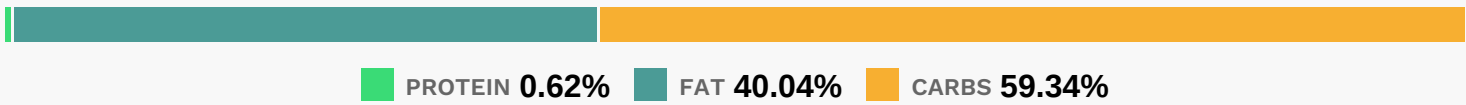
## Equipment

- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ In 2-quart saucepan, stir together sugar, corn syrup and water.
- ☐ Heat over medium-high heat; DO NOT STIR. Cook about 10 minutes or until sugar turns a dark amber color.
- ☐ Add remaining ingredients; beat with whisk until smooth.
- ☐ Pour into heatproof container.
- ☐ Serve with sliced apples for dipping.

## Nutrition Facts



## Properties

Glycemic Index:17.39, Glycemic Load:18.26, Inflammation Score:-1, Nutrition Score:0.68608696224249%

## Nutrients (% of daily need)

Calories: 190.93kcal (9.55%), Fat: 8.82g (13.57%), Saturated Fat: 5.51g (34.43%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 29.41g (10.69%), Sugar: 29.45g (32.72%), Cholesterol: 24.54mg (8.18%), Sodium: 270.13mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin A: 295.95IU (5.92%), Vitamin E: 0.24mg (1.59%), Vitamin B2: 0.02mg (1.39%)