

Caramel Apple Dip



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



4

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices apples fresh
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 8 oz cream cheese softened
- ☐ 1 tablespoon granulated sugar
- ☐ 1 teaspoon vanilla extract

Equipment

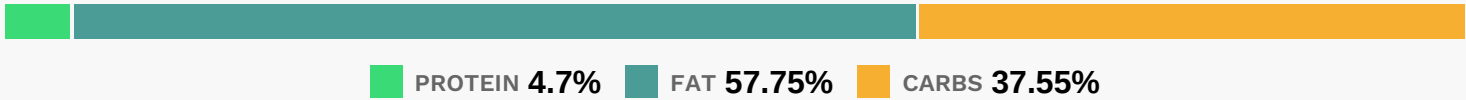
- ☐ oven
- ☐ ramekin

- ☐ cake form
- ☐ broiler
- ☐ spatula

Directions

- ☐ Stir together first 3 ingredients just until blended. Spoon mixture into a 10-oz. ramekin; level and smooth surface with a spatula. Cover and chill 2 to 8 hours.
- ☐ Preheat broiler with oven rack 5 inches from heat.
- ☐ Sprinkle granulated sugar over mixture in ramekin. Fill an 8-inch cake pan with ice; place ramekin in pan.
- ☐ Broil 3 to 5 minutes or until sugar is melted and caramelized.
- ☐ Let stand 5 minutes.
- ☐ Serve with apple slices.

Nutrition Facts



Properties

Glycemic Index:32.27, Glycemic Load:3.93, Inflammation Score:-4, Nutrition Score:3.3517391409563%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 298.83kcal (14.94%), Fat: 19.56g (30.09%), Saturated Fat: 11.46g (71.63%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 27.96g (10.17%), Sugar: 26.49g (29.44%), Cholesterol: 57.27mg (19.09%), Sodium: 183.47mg (7.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin A: 776.18IU (15.52%), Vitamin B2: 0.14mg (8.12%), Selenium: 5.11µg (7.31%), Calcium: 71.88mg (7.19%), Phosphorus: 64.4mg (6.44%), Potassium:

128.44mg (3.67%), Vitamin B5: 0.36mg (3.64%), Vitamin E: 0.54mg (3.58%), Fiber: 0.65g (2.62%), Vitamin B6: 0.05mg (2.52%), Vitamin B12: 0.12µg (2.08%), Magnesium: 8.12mg (2.03%), Zinc: 0.3mg (2%), Vitamin K: 1.79µg (1.7%), Folate: 6.1µg (1.53%), Vitamin C: 1.25mg (1.52%), Manganese: 0.03mg (1.38%), Copper: 0.03mg (1.32%), Iron: 0.23mg (1.26%), Vitamin B1: 0.02mg (1.18%)