



Caramel Apple Fondue



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 1.5 pounds individually wrapped caramels soft
- ☐ 1 stick cinnamon (3-inch)
- ☐ 9 apples i use 2 granny smith apples cut into 8 wedges (4 1/2 pounds)
- ☐ 1 Dash nutmeg
- ☐ 0.5 cup half and half

Equipment

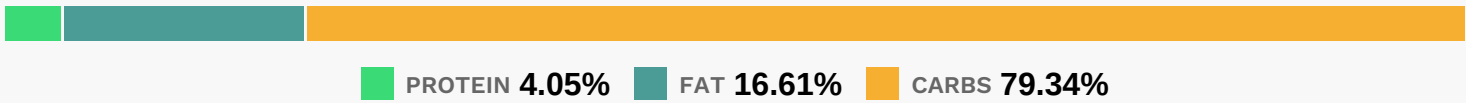
- ☐ sauce pan

☐ pot

Directions

- ☐ Place candies and cider in a medium heavy saucepan over medium heat; cook 12 minutes or until candies melt, stirring frequently. Stir in half-and-half and next 4 ingredients (half-and-half through cinnamon). Reduce heat, and cook for 15 minutes, stirring occasionally. Discard the cloves and cinnamon stick.
- ☐ Pour into a fondue pot. Keep warm over low flame.
- ☐ Serve with apple wedges.

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:34.05, Inflammation Score:-2, Nutrition Score:4.8917391300201%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.97mg, Epicatechin: 10.97mg, Epicatechin: 10.97mg, Epicatechin: 10.97mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 308.72kcal (15.44%), Fat: 6.04g (9.29%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 64.87g (21.62%), Net Carbohydrates: 61.39g (22.33%), Sugar: 53.2g (59.11%), Cholesterol: 7.5mg (2.5%), Sodium: 147.06mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Fiber: 3.48g (13.91%), Vitamin B2: 0.2mg (11.93%), Calcium: 101.48mg (10.15%), Phosphorus: 90.63mg (9.06%), Potassium: 297.15mg (8.49%), Vitamin C: 6.74mg (8.17%), Manganese: 0.12mg (5.92%), Vitamin B1: 0.09mg (5.87%), Vitamin B6: 0.1mg (4.8%), Vitamin B5: 0.47mg (4.72%), Magnesium: 18.54mg (4.63%), Vitamin K: 4.25µg (4.04%), Vitamin E: 0.54mg (3.6%), Vitamin B12: 0.19µg (3.15%), Vitamin A: 134.31IU (2.69%), Copper: 0.05mg (2.58%), Zinc: 0.35mg (2.36%), Selenium: 1.37µg (1.95%), Folate: 6.75µg (1.69%), Iron: 0.29mg (1.63%), Vitamin B3: 0.23mg (1.17%)