



Caramel Apple "Nachos"

READY IN



10 min.

SERVINGS



4

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 apples sliced
- 18 caramels kraft
- 1 cup marshmallows jet-puffed miniature
- 2 Tbsp oreo cookies crushed
- 0.3 cup planters roasted peanuts dry chopped
- 2 tsp water

Equipment

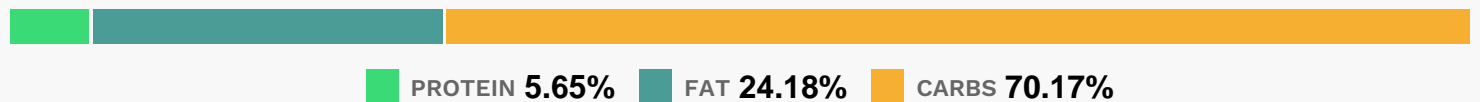
- bowl

microwave

Directions

- Microwave caramels and water in small microwaveable bowl on HIGH 1-1/2 min. or until caramels are completely melted, stirring every 30 sec. (Caramel sauce will be hot.)
- Arrange apples on plate, with slices slightly overlapping.
- Drizzle caramel sauce over apples; top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:31.98, Inflammation Score:-3, Nutrition Score:6.0878260705782%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 348.29kcal (17.41%), Fat: 9.9g (15.22%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 64.61g (21.54%), Net Carbohydrates: 61.42g (22.33%), Sugar: 49.61g (55.12%), Cholesterol: 3.15mg (1.05%), Sodium: 188.4mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Manganese: 0.28mg (14.16%), Fiber: 3.2g (12.79%), Phosphorus: 103.21mg (10.32%), Vitamin B2: 0.17mg (10.3%), Vitamin B3: 1.7mg (8.51%), Magnesium: 32.64mg (8.16%), Potassium: 271.03mg (7.74%), Calcium: 75mg (7.5%), Iron: 1.24mg (6.91%), Vitamin E: 1.02mg (6.77%), Vitamin B1: 0.09mg (6.05%), Copper: 0.11mg (5.5%), Vitamin B6: 0.11mg (5.41%), Vitamin C: 4.37mg (5.29%), Vitamin B5: 0.49mg (4.88%), Vitamin K: 4.84µg (4.61%), Folate: 18.26µg (4.56%), Zinc: 0.55mg (3.69%), Selenium: 2.28µg (3.26%), Vitamin B12: 0.14µg (2.25%), Vitamin A: 68.19IU (1.36%)