



## Caramel Apples

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



525 kcal

DESSERT

### Ingredients

- 6 medium apples
- 1 cup sugar
- 0.5 cup plus light
- 14 oz condensed milk sweetened canned
- 0.1 teaspoon salt
- 1 teaspoon vanilla
- 1 serving sprinkles chopped
- 6 frangelico

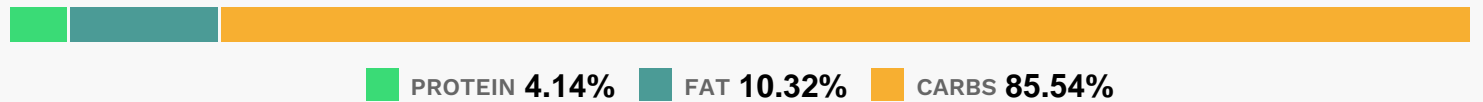
## Equipment

- sauce pan
- skewers
- candy thermometer

## Directions

- Wash apples and dry thoroughly. Insert a wooden skewer in stem end of each apple. Spray plate with cooking spray.
- In 2-quart saucepan, mix sugar, corn syrup, milk and salt. Cook over low heat, stirring constantly, to 230°F on candy thermometer or until a few drops of syrup dropped into cup of cold water forms a soft ball that flattens when removed from water.
- Remove from heat; stir in vanilla. Cool slightly.
- Quickly dip apples into caramel, swirling until completely covered. Dip bottoms in candy sprinkles.
- Place apples on plate until caramel is set.

## Nutrition Facts



## Properties

Glycemic Index:30.35, Glycemic Load:56.01, Inflammation Score:-4, Nutrition Score:7.7295651798663%

## Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Nutrients (% of daily need)

Calories: 524.7kcal (26.24%), Fat: 6.31g (9.72%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 117.78g (39.26%),  
Net Carbohydrates: 113.41g (41.24%), Sugar: 111.6g (124.01%), Cholesterol: 22.49mg (7.5%), Sodium: 152.29mg  
(6.62%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 5.71g (11.41%), Calcium: 202.91mg (20.29%),  
Vitamin B2: 0.33mg (19.38%), Phosphorus: 187.42mg (18.74%), Fiber: 4.37g (17.47%), Selenium: 10.19µg (14.56%),  
Potassium: 442.1mg (12.63%), Vitamin C: 10.09mg (12.23%), Vitamin B1: 0.11mg (7.15%), Magnesium: 26.66mg  
(6.67%), Vitamin B5: 0.61mg (6.07%), Vitamin A: 274.9IU (5.5%), Zinc: 0.82mg (5.49%), Vitamin B6: 0.11mg (5.43%),  
Vitamin B12: 0.29µg (4.85%), Vitamin K: 4.4µg (4.19%), Manganese: 0.07mg (3.53%), Folate: 12.74µg (3.18%),  
Copper: 0.06mg (3.1%), Vitamin E: 0.43mg (2.89%), Iron: 0.36mg (2.01%), Vitamin B3: 0.31mg (1.54%)