



## Caramel Apples

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



560 kcal

DESSERT

### Ingredients

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

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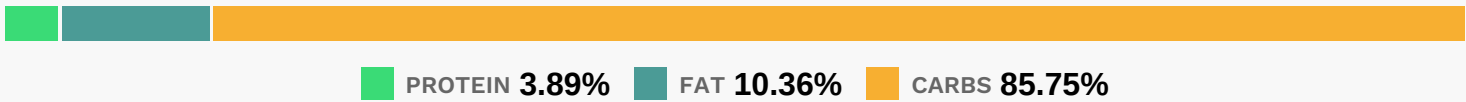
Equipment

- ☐ 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 230F 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:-3, 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: 559.95kcal (28%), Fat: 6.75g (10.38%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 125.61g (41.87%), Net Carbohydrates: 121.24g (44.09%), Sugar: 119.19g (132.43%), 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%)