

Caramel Apples



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



509 kcal

DESSERT

Ingredients

- ☐ 3 pounds apples
- ☐ 0.5 cup plus light
- ☐ 1 cup cup heavy whipping cream
- ☐ 2 cups brown sugar light packed
- ☐ 4 tablespoons butter unsalted ()

Equipment

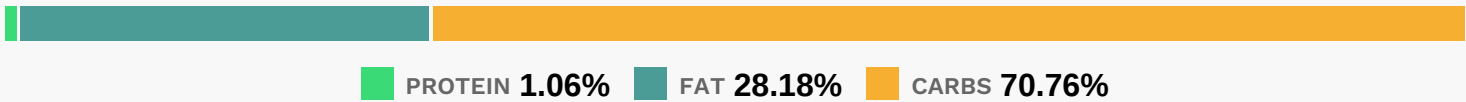
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ popsicle sticks
- ☐ candy thermometer

Directions

- ☐ Line a baking sheet with parchment. Stem, wash and dry apples and insert Popsicle sticks in center of stem ends. Fill a large bowl halfway with ice cubes and water.
- ☐ Combine sugar, corn syrup, cream and butter in a medium-size, heavy-bottom saucepan. Cook over low heat, gently stirring once or twice, until sugar has dissolved. Increase heat to medium-high and cook, stirring often, until mixture reaches 255F on a candy thermometer, about 20 minutes.
- ☐ Set pan in bowl of ice water. Stir just until mixture starts to thicken into a dipping consistency. Working carefully, tip pan slightly to one side and spin each apple in caramel until thoroughly coated. (If mixture becomes too thick, reheat gently for a few seconds.)
- ☐ Transfer to lined baking sheet and place in refrigerator until caramel is cooled and set, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:9.32, Inflammation Score:-5, Nutrition Score:5.0073912662009%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 509.1kcal (25.46%), Fat: 16.75g (25.77%), Saturated Fat: 10.49g (65.54%), Carbohydrates: 94.65g (31.55%), Net Carbohydrates: 90.56g (32.93%), Sugar: 88.28g (98.09%), Cholesterol: 48.67mg (16.22%), Sodium: 39.12mg (1.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Fiber: 4.08g (16.33%), Vitamin A: 704.11IU (14.08%), Vitamin C: 8mg (9.7%), Potassium: 285.31mg (8.15%), Calcium: 79.94mg (7.99%), Vitamin B2: 0.1mg (6.03%), Vitamin B6: 0.1mg (5.15%), Vitamin E: 0.74mg (4.95%), Vitamin K: 5.18µg (4.94%), Manganese: 0.1mg (4.77%), Phosphorus: 39.85mg (3.98%), Magnesium: 15.89mg (3.97%), Vitamin D: 0.58µg (3.87%), Copper: 0.08mg (3.81%), Iron: 0.63mg (3.48%), Vitamin B1: 0.05mg (3.19%), Vitamin B5: 0.26mg (2.6%), Selenium: 1.77µg (2.53%), Folate: 7.05µg (1.76%), Zinc: 0.26mg (1.71%), Vitamin B3: 0.24mg (1.19%)