



Caramel Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 6 apples
- ☐ 14 ounce individually wrapped caramels
- ☐ 2 tablespoons water

Equipment

- ☐ sauce pan
- ☐ baking paper

Directions

☐ In a medium saucepan, over medium heat, stir the caramels with the water until melted. Slide a stick into an apple, dip the apple into the caramel, then place on wax or parchment paper.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:39.75, Inflammation Score:-3, Nutrition Score:5.3652173177056%

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: 347.33kcal (17.37%), Fat: 5.67g (8.72%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 76.05g (25.35%), Net Carbohydrates: 71.68g (26.07%), Sugar: 62.26g (69.17%), Cholesterol: 4.63mg (1.54%), Sodium: 164.13mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Fiber: 4.37g (17.47%), Vitamin B2: 0.22mg (12.74%), Vitamin C: 8.64mg (10.47%), Calcium: 102.36mg (10.24%), Potassium: 336.3mg (9.61%), Phosphorus: 95.43mg (9.54%), Vitamin B1: 0.1mg (6.6%), Vitamin B6: 0.11mg (5.58%), Vitamin B5: 0.52mg (5.21%), Magnesium: 20.4mg (5.1%), Vitamin K: 5.19µg (4.95%), Vitamin E: 0.63mg (4.21%), Manganese: 0.07mg (3.55%), Vitamin B12: 0.2µg (3.31%), Copper: 0.06mg (3.09%), Vitamin A: 126.06IU (2.52%), Zinc: 0.36mg (2.43%), Folate: 8.11µg (2.03%), Iron: 0.31mg (1.73%), Selenium: 1.19µg (1.7%), Vitamin B3: 0.26mg (1.32%)