

Caramel Apples

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



955 kcal

DESSERT

Ingredients

- ☐ 14 ounce individually wrapped caramels
- ☐ 6 celery stalks
- ☐ 6 large apples i use 2 granny smith apples
- ☐ 2 cups pecans toasted chopped
- ☐ 12 ounce semi chocolate chips
- ☐ 1 tablespoon vanilla extract
- ☐ 1 tablespoon water

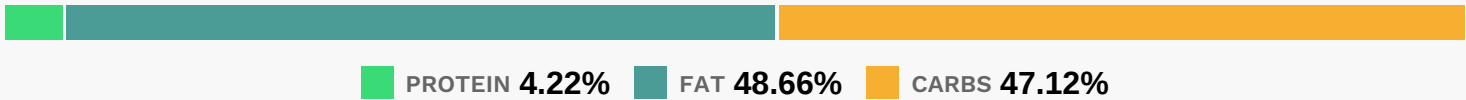
Equipment

- ☐ bowl
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Wash and dry apples; remove stems. Insert craft sticks into stem end of each apple; set aside.
- ☐ Combine caramels, vanilla, and 1 tablespoon water in a microwave-safe glass bowl. Microwave on HIGH 90 seconds or until melted, stirring twice.
- ☐ Dip each apple into the caramel mixture quickly, allowing excess caramel to drip off.
- ☐ Roll in chopped pecans; place on lightly greased wax paper. Chill at least 15 minutes.
- ☐ Microwave chocolate morsels at HIGH 90 seconds or until melted, stirring twice; cool 5 minutes.
- ☐ Pour chocolate where craft sticks and apple meet, allowing chocolate to drip down sides of apples. Press pecan halves onto chocolate, if desired. Chill 15 minutes or until set.
- ☐ NOTE: For testing purposes only, we used Kraft Caramels.
- ☐ Calypso Caramel Apples: Substitute 1 cup chopped toasted macadamia nuts and 1 cup toasted coconut for pecans.
- ☐ Georgian Caramel Apples: Substitute 2 cups chopped toasted peanuts for pecans.
- ☐ Black-and-White Caramel Apples: Microwave 6 ounces white chocolate morsels at HIGH 60 seconds or until melted, stirring once; drizzle evenly over semisweet chocolate.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:41.42, Inflammation Score:-7, Nutrition Score:22.347391356593%

Flavonoids

Cyanidin: 7.4mg, Cyanidin: 7.4mg, Cyanidin: 7.4mg, Cyanidin: 7.4mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 2.63mg,

Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg Epicatechin: 17.09mg, Epicatechin: 17.09mg, Epicatechin: 17.09mg, Epicatechin: 17.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 954.8kcal (47.74%), Fat: 53.63g (82.5%), Saturated Fat: 16.44g (102.76%), Carbohydrates: 116.87g (38.96%), Net Carbohydrates: 103.43g (37.61%), Sugar: 89.1g (99%), Cholesterol: 8.03mg (2.68%), Sodium: 173.48mg (7.54%), Alcohol: 0.75g (100%), Alcohol %: 0.24% (100%), Caffeine: 48.76mg (16.25%), Protein: 10.45g (20.91%), Manganese: 2.48mg (124.03%), Copper: 1.22mg (60.95%), Fiber: 13.44g (53.76%), Magnesium: 166.87mg (41.72%), Phosphorus: 349.09mg (34.91%), Iron: 4.87mg (27.07%), Potassium: 864.23mg (24.69%), Vitamin B1: 0.37mg (24.34%), Zinc: 3.54mg (23.58%), Vitamin B2: 0.31mg (18.04%), Calcium: 167.17mg (16.72%), Vitamin C: 11.05mg (13.39%), Vitamin K: 12.62µg (12.02%), Vitamin B6: 0.23mg (11.38%), Selenium: 7.35µg (10.5%), Vitamin B5: 1.04mg (10.4%), Vitamin E: 1.56mg (10.4%), Vitamin B3: 1.22mg (6.12%), Vitamin B12: 0.3µg (5.01%), Folate: 18.77µg (4.69%), Vitamin A: 214.86IU (4.3%)