



## Caramel Apples



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



636 kcal

DESSERT

## Ingredients

- ☐ 12 medium apples
- ☐ 12 sturdy lollipop sticks
- ☐ 1 pound brown sugar dark
- ☐ 0.7 cup plus dark
- ☐ 12 servings equipment needed – one accurate candy thermometer
- ☐ 0.3 cup maple syrup pure
- ☐ 1 teaspoon robust-flavored molasses dark ()
- ☐ 0.3 teaspoon salt

- ☐ 14 ounce condensed milk   sweetened canned
- ☐ 1 cup butter   unsalted room temperature (2 sticks)
- ☐ 0.5 teaspoons vanilla extract

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula
- ☐ pastry brush
- ☐ candy thermometer
- ☐ chopsticks
- ☐ lollipop sticks

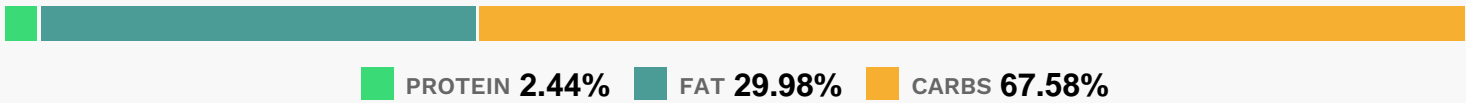
## Directions

- ☐ Combine sugar, butter, condensed milk, corn syrup, maple syrup, vanilla, molasses and salt in a thick-bottomed 2 1/2 or 3 quart saucepan. Stir with a wooden spoon on medium-low heat until all the sugar dissolves. There should be no grittiness (sugar crystals) when you test by rubbing a little of the caramel between your fingers.
- ☐ Brush down the sides of the pan with a wet pastry brush to dissolve any sugar crystals that might form on the pan sides. 2 Attach a clip-on candy thermometer to the pan and cook caramel at a rolling boil until the thermometer reaches 236°F, stirring constantly and slowly with a wooden spatula. Continue to occasionally brush the sides down with a pastry brush. Carefully pour caramel into a metal bowl. Cool until the temperature lowers to 200°F, at which point you are ready to dip the apples. 3 While the caramel is cooking/cooling, prepare a large baking sheet, covering it either with buttered aluminum foil or silpat. Insert a chopstick or sturdy lollipop stick into each apple, about 2-inches, top down, into the apple core. 4 When the caramel has cooled enough for dipping, dip the apples in, one by one, by holding on to the

stick, and vertically lowering the apple into the caramel, submerging all but the very top of the apple. Pull the apple up from the caramel and let the excess caramel drip off from the bottom back into the pan. Then place on the silpat or prepared foil. The caramel will pool a little at the bottom of each apple.

- Place into the refrigerator to chill for at least 15 minutes. 5 Once the caramel has chilled a bit, remove from the refrigerator and use your fingers to press the caramel that has dripped to the bottom of the apples, back on to the apples. Then take whatever coatings you want and press them into the apples for decoration. Return to the refrigerator to chill for at least one hour.

## Nutrition Facts



### Properties

Glycemic Index:24.63, Glycemic Load:33.25, Inflammation Score:-5, Nutrition Score:8.0456522081209%

### 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 Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

### Nutrients (% of daily need)

Calories: 636.44kcal (31.82%), Fat: 22.04g (33.91%), Saturated Fat: 13.76g (85.97%), Carbohydrates: 111.76g (37.25%), Net Carbohydrates: 106.93g (38.88%), Sugar: 103.55g (115.05%), Cholesterol: 54.17mg (18.06%), Sodium: 148.74mg (6.47%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 4.04g (8.08%), Fiber: 4.84g (19.35%), Vitamin B2: 0.31mg (18.18%), Calcium: 174.17mg (17.42%), Manganese: 0.33mg (16.44%), Vitamin A: 710.88IU (14.22%), Potassium: 419.89mg (12%), Vitamin C: 9.45mg (11.45%), Phosphorus: 112.99mg (11.3%), Selenium: 6.21µg (8.87%), Magnesium: 26.75mg (6.69%), Vitamin K: 6.7µg (6.38%), Vitamin B6: 0.12mg (5.81%), Vitamin E: 0.83mg (5.53%), Iron: 0.85mg (4.74%), Vitamin B1: 0.07mg (4.72%), Vitamin B5: 0.45mg (4.49%), Copper: 0.09mg (4.47%), Zinc: 0.49mg (3.26%), Vitamin B12: 0.18µg (2.96%), Folate: 11.48µg (2.87%), Vitamin D: 0.35µg (2.33%), Vitamin B3: 0.31mg (1.57%)