



Caramel Apples from Werther's®

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



435 kcal

DESSERT

Ingredients

- ☐ 4 caramel apple sticks
- ☐ 4 medium apples
- ☐ 9 ounce werther's original baking caramels
- ☐ 1 tablespoon milk

Equipment

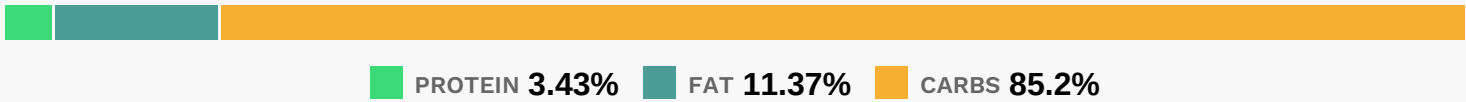
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

☐ microwave

Directions

- ☐ Spray a cookie sheet with non-stick cooking spray. Wash apples by gently rubbing with an abrasive scrub sponge and a few drops of dish detergent. Rinse and dry well; remove stem. Push sticks into tops of apples; set aside.
- ☐ Microwave caramels and milk in a tall deep microwave-safe bowl or 2 cup glass measure on HIGH for 2 1/2 minutes or until melted, stirring after 1 1/2 minutes.
- ☐ Dip and swirl apples in melted caramel mixture, using a spoon to spread evenly.
- ☐ Place on prepared pan and refrigerate at least 15 minutes or until caramel sets.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:45.27, Inflammation Score:-5, Nutrition Score:8.2534781240899%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg

Nutrients (% of daily need)

Calories: 435.19kcal (21.76%), Fat: 5.91g (9.09%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 99.52g (33.17%), Net Carbohydrates: 90.79g (33.01%), Sugar: 79.82g (88.68%), Cholesterol: 4.91mg (1.64%), Sodium: 161.34mg (7.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Fiber: 8.74g (34.94%), Vitamin C: 17mg (20.61%), Vitamin B2: 0.26mg (15.48%), Potassium: 531.61mg (15.19%), Phosphorus: 116.54mg (11.65%), Calcium: 114.48mg (11.45%), Vitamin B6: 0.19mg (9.36%), Vitamin K: 9.17µg (8.73%), Vitamin B1: 0.13mg (8.65%), Magnesium: 29.49mg (7.37%), Manganese: 0.13mg (6.73%), Vitamin E: 0.95mg (6.34%), Vitamin B5: 0.63mg (6.32%), Copper: 0.11mg (5.49%), Vitamin A: 229.43IU (4.59%), Vitamin B12: 0.21µg (3.53%), Folate: 13.47µg (3.37%), Zinc: 0.44mg (2.94%), Iron: 0.53mg (2.92%), Vitamin B3: 0.43mg (2.15%), Selenium: 1.22µg (1.74%)