



Caramel Apples with Coconut & Chocolate Drizzle

 Gluten Free

READY IN



100 min.

SERVINGS



40

CALORIES



68 kcal

DESSERT

Ingredients

- 1.5 lb apples chilled well
- 11 oz caramels kraft
- 1.5 cups baker's angel flake coconut toasted
- 2 oz baker's semi-sweet chocolate
- 1 Tbsp water

Equipment

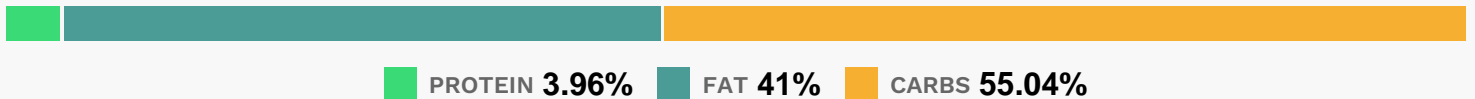
- bowl

microwave

Directions

- Wash apples, then dry completely. (Note: In order for the caramel sauce to stick to the apples, the apples need to be well chilled before washing, drying and dipping in the caramel sauce.)
- Insert wooden pop stick into stem end of each apple. Microwave caramels and water in large glass microwaveable bowl on HIGH 2 to 2-1/2 min. or until caramels are completely melted and mixture is well blended when stirred.
- Cover large plate with parchment; spray with cooking spray. Dip apples, 1 at a time, into caramel sauce, turning to evenly coat each apple. Hold dipped apple over bowl to let excess caramel drip back into bowl. Dip apples in coconut; place on prepared plate. Refrigerate 15 min.
- Microwave chocolate in separate microwaveable bowl 1 to 1 min. 15 sec. or until chocolate is almost melted, stirring after 1 min.; stir until completely melted.
- Drizzle chocolate over apples; return to plate.
- Refrigerate 1 hour or until chocolate is firm.
- Remove apples from refrigerator 15 min. before serving. (Note: Caramel apples can be refrigerated up to 2 days before serving.)

Nutrition Facts



Properties

Glycemic Index: 2.42, Glycemic Load: 4.52, Inflammation Score: -1, Nutrition Score: 1.3365217343621%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 67.87kcal (3.39%), Fat: 3.26g (5.02%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 8.81g (3.2%), Sugar: 7.63g (8.48%), Cholesterol: 0.63mg (0.21%), Sodium: 20.61mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Manganese: 0.11mg (5.65%), Fiber: 1.04g (4.16%), Copper: 0.05mg (2.46%), Phosphorus: 21.01mg (2.1%), Magnesium: 7.54mg (1.89%), Potassium: 60.23mg (1.72%), Vitamin B2: 0.03mg (1.66%), Calcium: 13.5mg (1.35%), Iron: 0.23mg (1.26%), Selenium: 0.85µg (1.21%), Vitamin B6: 0.02mg (1.07%), Vitamin C: 0.86mg (1.04%)