



Caramel-Chocolate Apple Fondue

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- 0.5 cup mrs richardson's butterscotch caramel sauce room temperature
- 0.3 cup chocolate syrup room temperature
- 0.3 cup roasted peanuts salted finely chopped
- 2 medium apples cut into 1-inch chunks
- 1 serving frangelico

Equipment

- bowl
- toothpicks

Directions

- Place caramel topping, chocolate syrup and peanuts in individual small bowls; place bowls in center of large platter. Surround bowls with apple chunks. Spear apple chunks with toothpicks.
- To eat, dip apple chunks in caramel, then in chocolate and peanuts.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:3.32, Inflammation Score:-3, Nutrition Score:4.647391350373%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 213.49kcal (10.67%), Fat: 4.84g (7.45%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 38.98g (14.17%), Sugar: 34.88g (38.75%), Cholesterol: 0mg (0%), Sodium: 150.25mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Manganese: 0.33mg (16.62%), Fiber: 3.48g (13.93%), Copper: 0.18mg (9.04%), Magnesium: 33.48mg (8.37%), Phosphorus: 80.53mg (8.05%), Vitamin B3: 1.51mg (7.53%), Potassium: 228.82mg (6.54%), Vitamin C: 4.36mg (5.29%), Iron: 0.71mg (3.96%), Folate: 15.17µg (3.79%), Calcium: 31.05mg (3.11%), Vitamin B6: 0.06mg (3.09%), Vitamin B1: 0.05mg (3.07%), Vitamin B2: 0.04mg (2.4%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.23mg (2.3%), Vitamin K: 2.1µg (2%), Selenium: 1.31µg (1.88%), Vitamin A: 74.57IU (1.49%), Vitamin E: 0.18mg (1.21%)