



Caramel-Coffee Fondue

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



457 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 apples cut into 1/2-inch slices (1 Braeburn, 1 Granny Smith)
- ☐ 14 oz individually wrapped caramels
- ☐ 1 tablespoon coffee instant
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 2 cups pineapple chunks fresh
- ☐ 0.5 package round cake cut into 1-inch cubes (4 cups) (16-oz size)
- ☐ 14 oz condensed milk sweetened canned
- ☐ 0.3 cup water

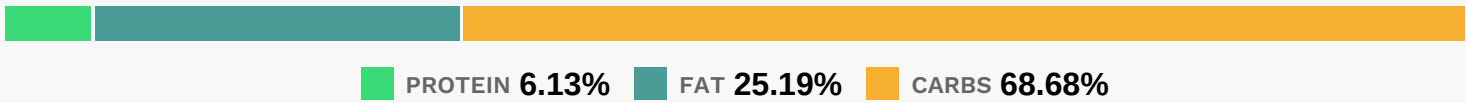
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ skewers

Directions

- ☐ In 2-quart nonstick saucepan, heat water over high heat until hot. Dissolve coffee crystals in water.
- ☐ Add milk, caramels and pecans to coffee.
- ☐ Heat over medium-low heat, stirring frequently, until caramels are melted and mixture is hot.
- ☐ Pour mixture into fondue pot and keep warm.
- ☐ Arrange apples, pineapple and cake on serving plate. Use skewers or fondue forks to dip into fondue.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:42.98, Inflammation Score:-3, Nutrition Score:9.1869565481725%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 457.38kcal (22.87%), Fat: 13.39g (20.6%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 82.13g (27.38%), Net Carbohydrates: 79.61g (28.95%), Sugar: 72.94g (81.05%), Cholesterol: 20.4mg (6.8%), Sodium: 186.59mg

(8.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.63mg (6.54%), Protein: 7.33g (14.66%), Calcium: 227.47mg (22.75%), Vitamin B2: 0.37mg (21.6%), Phosphorus: 212.07mg (21.21%), Manganese: 0.34mg (17.09%), Vitamin B1: 0.21mg (13.93%), Potassium: 462.37mg (13.21%), Selenium: 8.82µg (12.59%), Vitamin C: 9.22mg (11.17%), Magnesium: 42.85mg (10.71%), Fiber: 2.52g (10.06%), Copper: 0.18mg (8.79%), Vitamin B5: 0.77mg (7.67%), Zinc: 1.07mg (7.16%), Vitamin B6: 0.13mg (6.53%), Vitamin B12: 0.37µg (6.12%), Vitamin A: 211.35IU (4.23%), Folate: 13.29µg (3.32%), Vitamin E: 0.5mg (3.31%), Iron: 0.59mg (3.25%), Vitamin B3: 0.64mg (3.22%), Vitamin K: 2.86µg (2.72%)