



Caramel Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



609 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slices apples
- 0.5 cup butter
- 16 oz brown sugar light
- 8 oz cup heavy whipping cream sour

Equipment

- sauce pan

Directions

- Cook first 3 ingredients over low heat in a 3-qt. saucepan, stirring constantly, 5 minutes or until smooth.
- Stir in pecans, if desired.
- Serve with fruit slices.

Nutrition Facts

PROTEIN 0.93% **FAT 39.08%** **CARBS 59.99%**

Properties

Glycemic Index:16.4, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:3.8365217162215%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 608.64kcal (30.43%), Fat: 27.25g (41.92%), Saturated Fat: 16.26g (101.59%), Carbohydrates: 94.12g (31.37%), Net Carbohydrates: 93.59g (34.03%), Sugar: 91.82g (102.03%), Cholesterol: 75.57mg (25.19%), Sodium: 185.64mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin A: 861.63IU (17.23%), Calcium: 127.87mg (12.79%), Potassium: 206.13mg (5.89%), Vitamin B2: 0.09mg (5.27%), Vitamin E: 0.74mg (4.92%), Phosphorus: 45.95mg (4.59%), Selenium: 2.99µg (4.28%), Iron: 0.71mg (3.93%), Magnesium: 14.24mg (3.56%), Manganese: 0.07mg (3.53%), Vitamin B6: 0.07mg (3.27%), Vitamin B5: 0.31mg (3.1%), Copper: 0.06mg (2.83%), Vitamin K: 2.75µg (2.62%), Vitamin B12: 0.13µg (2.23%), Fiber: 0.52g (2.09%), Vitamin C: 1.41mg (1.71%), Zinc: 0.21mg (1.37%), Folate: 4.96µg (1.24%)