



Caramel Drizzle Apples

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



598 kcal

SIDE DISH

Ingredients

- 5 caramel apple sticks
- 5 medium apples
- 1 tablespoon butter
- 9 ounce werther's original baking caramels
- 3 ounces chocolate chips chopped
- 4 pieces werther's original candies hard
- 1 tablespoon water
- 3 ounces chocolate chips white chopped

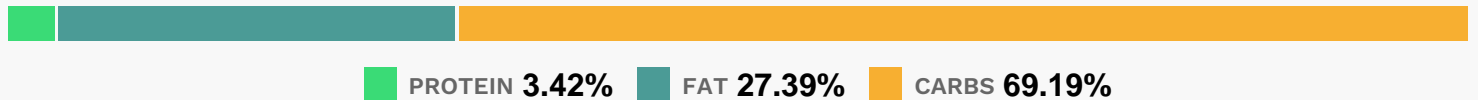
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- 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.
- Melt Baking and Hard caramels with butter and water in a medium saucepan over low heat until smooth, stirring often. 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.
- Microwave white chocolate in small microwave-safe bowl on HIGH 60 seconds or until melted, stirring frequently. Be careful not to burn chocolate.
- Remove apples from refrigerator. With one hand, firmly grasp the apple stick. With the other hand, use a teaspoon to delicately drizzle stripes of white chocolate around the caramel apple, gently spinning or turning the apple as necessary to reach all the way around. Return the apple to the refrigerator on for a minimum of 5 minutes to set chocolate. Repeat with semi-sweet chocolate.

Nutrition Facts



Properties

Glycemic Index:49.8, Glycemic Load:45.84, Inflammation Score:-6, Nutrition Score:11.265217376792%

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: 598.47kcal (29.92%), Fat: 19.19g (29.52%), Saturated Fat: 9.97g (62.31%), Carbohydrates: 109.06g (36.35%), Net Carbohydrates: 98.91g (35.97%), Sugar: 88.06g (97.85%), Cholesterol: 14.3mg (4.77%), Sodium: 164.37mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 5.4g (10.79%), Fiber: 10.15g (40.61%), Vitamin C: 17.04mg (20.65%), Potassium: 644.45mg (18.41%), Manganese: 0.36mg (17.99%), Phosphorus: 173.05mg (17.3%), Vitamin B2: 0.28mg (16.62%), Copper: 0.33mg (16.52%), Magnesium: 58.94mg (14.73%), Calcium: 138.35mg (13.83%), Vitamin K: 11.9µg (11.33%), Vitamin B6: 0.19mg (9.66%), Iron: 1.63mg (9.08%), Vitamin B1: 0.13mg (8.72%), Vitamin E: 1.22mg (8.12%), Vitamin B5: 0.7mg (6.96%), Zinc: 0.95mg (6.33%), Vitamin A: 303.36IU (6.07%), Vitamin B12: 0.28µg (4.73%), Selenium: 3.14µg (4.49%), Folate: 14.24µg (3.56%), Vitamin B3: 0.68mg (3.39%)