

Caramel Fondue



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 slices apples



28 ounce caramels



28 ounce condensed milk sweetened canned

Equipment



microwave

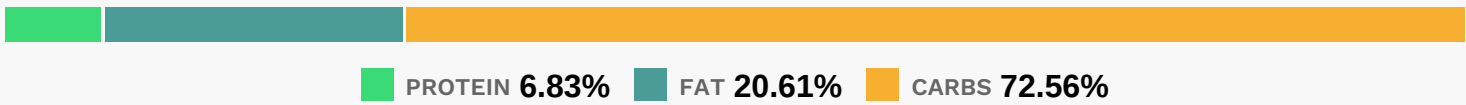


slow cooker

Directions

- ☐ Place caramels in a 3–quart slow cooker; stir in condensed milk.
- ☐ Cover and cook on LOW 3 1/2 hours, stirring occasionally, until caramels melt and mixture is smooth.
- ☐ Serve with apple slices and pound cake squares.
- ☐ Party Plan: Keep this fondue warm in the slow cooker for easy dipping. Reheat any leftovers in the microwave, stirring at 1–minute intervals until heated through.

Nutrition Facts



Properties

Glycemic Index:8.78, Glycemic Load:36.93, Inflammation Score:-1, Nutrition Score:4.8982608771842%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 313.17kcal (15.66%), Fat: 7.42g (11.41%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 58.64g (21.32%), Sugar: 53.5g (59.45%), Cholesterol: 18.08mg (6.03%), Sodium: 164.11mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Calcium: 186.46mg (18.65%), Vitamin B2: 0.3mg (17.52%), Phosphorus: 162.51mg (16.25%), Selenium: 7.32µg (10.46%), Potassium: 264.46mg (7.56%), Vitamin B5: 0.61mg (6.08%), Vitamin B1: 0.09mg (5.74%), Vitamin B12: 0.33µg (5.44%), Magnesium: 19.27mg (4.82%), Zinc: 0.61mg (4.07%), Vitamin A: 139.54IU (2.79%), Vitamin B6: 0.05mg (2.48%), Vitamin C: 1.6mg (1.94%), Vitamin E: 0.28mg (1.9%), Folate: 6.8µg (1.7%), Vitamin K: 1.19µg (1.13%)