



## Caramel-Toffee Dip

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

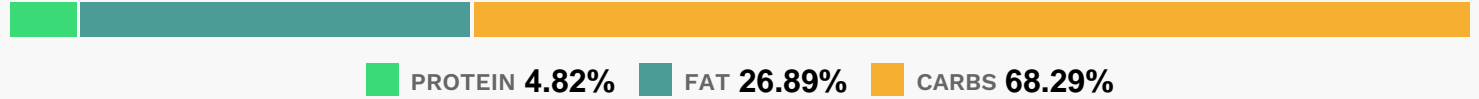
- 12 servings apples
- 0.3 cup brown sugar packed
- 0.5 cup nonfat greek yogurt plain
- 0.5 cup cream light sour
- 6 tablespoons toffee chips divided
- 0.8 teaspoon vanilla extract

### Equipment

## Directions

- Combine yogurt, sour cream, brown sugar, and vanilla. Stir in 5 tablespoons toffee bits. Top with 1 tablespoon toffee bits.
- Serve with apple wedges.

## Nutrition Facts



## Properties

Glycemic Index:6.92, Glycemic Load:4.72, Inflammation Score:-2, Nutrition Score:1.8560869473478%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 115.96kcal (5.8%), Fat: 3.57g (5.5%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 18.92g (6.88%), Sugar: 17.45g (19.38%), Cholesterol: 11.46mg (3.82%), Sodium: 23.29mg (1.01%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 1.44g (2.89%), Fiber: 1.5g (6%), Vitamin C: 2.98mg (3.61%), Calcium: 34.13mg (3.41%), Vitamin B2: 0.06mg (3.32%), Potassium: 111.21mg (3.18%), Vitamin A: 150.69IU (3.01%), Phosphorus: 27.64mg (2.76%), Vitamin B6: 0.04mg (1.81%), Selenium: 1.25µg (1.79%), Vitamin B12: 0.11µg (1.78%), Vitamin K: 1.63µg (1.55%), Magnesium: 5.88mg (1.47%), Vitamin E: 0.21mg (1.41%), Manganese: 0.03mg (1.36%), Copper: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.13%)