



Cherry Almond Caramel Apple Explosion

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



708 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 14 ounce individually wrapped caramels
- ☐ 6 wooden sticks
- ☐ 1.5 cups cherries dried
- ☐ 6 granny smith apples
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

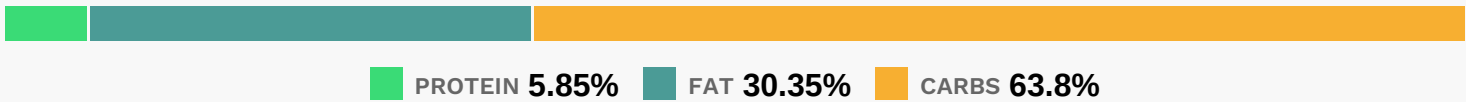
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Insert wooden sticks 3/4 of the way into the stem end of each apple.
- ☐ Place apples on a cookie sheet covered with lightly greased aluminum foil.
- ☐ Place the chocolate chips into a microwave-safe bowl.
- ☐ Heat in the microwave at 30 second intervals, stirring between each until chocolate is melted and smooth. Set aside.
- ☐ Combine caramels and water in a saucepan over low heat. Cook, stirring often, until caramel melts and is smooth. Stir in the vanilla. Dip each apple into the caramel and gently run apples around insides of saucepan to scrape off some of the caramel. Scrape excess caramel from the apple bottoms using the side of the saucepan.
- ☐ Roll apples in mixture of cherries and almonds.
- ☐ Place on the aluminum foil. Use a spoon to drizzle chocolate over the apples. If the chocolate is too thick, thin by mixing with a little vegetable oil. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:39.9, Inflammation Score:-8, Nutrition Score:16.516956640326%

Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg

Epicatechin: 13.8mg, Epicatechin: 13.8mg, Epicatechin: 13.8mg, Epicatechin: 13.8mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 707.69kcal (35.38%), Fat: 24.82g (38.18%), Saturated Fat: 8.89g (55.53%), Carbohydrates: 117.35g (39.12%), Net Carbohydrates: 105.75g (38.46%), Sugar: 89.72g (99.69%), Cholesterol: 6.43mg (2.14%), Sodium: 175.37mg (7.62%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Caffeine: 25.8mg (8.6%), Protein: 10.77g (21.54%), Fiber: 11.6g (46.4%), Manganese: 0.82mg (41.19%), Vitamin E: 4.74mg (31.63%), Copper: 0.6mg (29.79%), Magnesium: 115.08mg (28.77%), Phosphorus: 248.16mg (24.82%), Vitamin A: 1234.93IU (24.7%), Vitamin B2: 0.41mg (24.04%), Calcium: 191.11mg (19.11%), Iron: 3.28mg (18.2%), Potassium: 629.69mg (17.99%), Zinc: 1.64mg (10.96%), Vitamin C: 8.76mg (10.62%), Vitamin B1: 0.14mg (9.4%), Vitamin K: 8.53µg (8.12%), Vitamin B6: 0.15mg (7.3%), Vitamin B5: 0.69mg (6.93%), Selenium: 4.36µg (6.22%), Vitamin B3: 1.08mg (5.42%), Vitamin B12: 0.25µg (4.21%), Folate: 16.29µg (4.07%)