



WHATSheATE



Chewy Caramel Apple Cookies



Vegetarian



Gluten Free

READY IN



88 min.

SERVINGS



36

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 2 apples peeled chopped
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 20 caramel candies
- ☐ 1 large eggs
- ☐ 1.5 cups flour gluten-free
- ☐ 2 tablespoons milk
- ☐ 1.5 cups old-fashioned rolled oats gluten-free

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.8 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

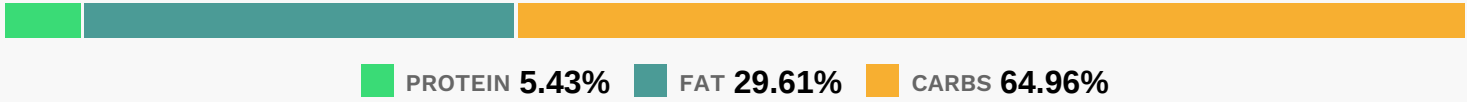
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Beat butter and brown sugar with a mixer at medium speed until creamy.
- ☐ Add egg, milk, and vanilla; beat 2 minutes or until light and fluffy.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt in a bowl, stirring with a whisk. Stir in oats.
- ☐ Add oat mixture to butter mixture, beating at low speed until blended. Stir in apples.
- ☐ Drop dough by 1 1/2 tablespoonfuls 2 inches apart onto baking sheets lined with parchment paper.
- ☐ Bake at 325 for 14 minutes or until golden.
- ☐ Transfer cookies to wire racks; cool completely.
- ☐ Place caramels and water in a small saucepan. Cook over low heat 7 minutes, stirring until smooth.

- ☐
- Remove from heat.
- ☐
- Drizzle warm glaze over cookies.
- ☐
- Let stand 15 minutes or until caramel is completely set. Store in an airtight container for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:4.86, Glycemic Load:3.94, Inflammation Score:-1, Nutrition Score:1.6169565177482%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 104.5kcal (5.22%), Fat: 3.57g (5.5%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 16.55g (6.02%), Sugar: 10.88g (12.09%), Cholesterol: 12.43mg (4.14%), Sodium: 57.26mg (2.49%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.47g (2.95%), Manganese: 0.13mg (6.57%), Fiber: 1.09g (4.38%), Phosphorus: 25.89mg (2.59%), Selenium: 1.62µg (2.32%), Iron: 0.41mg (2.3%), Calcium: 21.04mg (2.1%), Vitamin A: 95.43IU (1.91%), Vitamin B2: 0.03mg (1.81%), Magnesium: 7.01mg (1.75%), Vitamin B1: 0.02mg (1.61%), Potassium: 47.12mg (1.35%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.14%), Copper: 0.02mg (1.08%)