



Chocolate Apples On A Stick



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



536 kcal

SIDE DISH

Ingredients

- ☐ 6 medium apples
- ☐ 6 wooden craft sticks
- ☐ 1 cup peanut butter morsels
- ☐ 6 ounces semisweet chocolate mini-morsels
- ☐ 1 tablespoon vegetable oil

Equipment

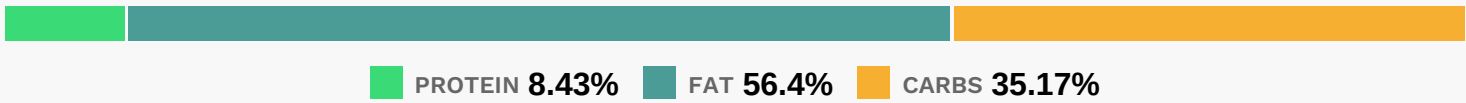
- ☐ baking sheet
- ☐ sauce pan

☐ wax paper

Directions

- ☐ Insert a wooden craft stick into the top of each apple.
- ☐ Cook morsels and oil in a heavy saucepan over low heat, stirring often, until morsels melt.
- ☐ Dip apples in chocolate mixture, coating well; roll in peanuts, if desired.
- ☐ Place on a wax paper-lined baking sheet, and chill until firm.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:7.71, Inflammation Score:-6, Nutrition Score:15.849999878718%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg 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 Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 536.09kcal (26.8%), Fat: 35.42g (54.49%), Saturated Fat: 10.99g (68.67%), Carbohydrates: 49.68g (16.56%), Net Carbohydrates: 40.92g (14.88%), Sugar: 33.9g (37.67%), Cholesterol: 1.7mg (0.57%), Sodium: 192.32mg (8.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 11.91g (23.82%), Manganese: 1.07mg (53.69%), Fiber: 8.76g (35.06%), Magnesium: 132.11mg (33.03%), Vitamin E: 4.61mg (30.72%), Vitamin B3: 6.14mg (30.67%), Copper: 0.58mg (29.25%), Phosphorus: 240.46mg (24.05%), Potassium: 608.4mg (17.38%), Iron: 2.76mg (15.35%), Vitamin B6: 0.28mg (13.91%), Zinc: 1.92mg (12.81%), Vitamin K: 11.51µg (10.97%), Folate: 43.88µg (10.97%), Vitamin C: 8.5mg (10.3%), Vitamin B2: 0.15mg (8.57%), Vitamin B1: 0.1mg (6.68%), Vitamin B5: 0.66mg (6.62%), Selenium: 4.16µg (5.94%), Calcium: 51.17mg (5.12%), Vitamin A: 130.41IU (2.61%)