



Chocolate-Drizzled Caramel Apples

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 6 celery stalks with rounded ends
- ☐ 6 medium apples
- ☐ 1 cup nuts mixed coarsely chopped
- ☐ 2 tablespoons water
- ☐ 14 ounces individually wrapped caramels
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 tablespoon shortening

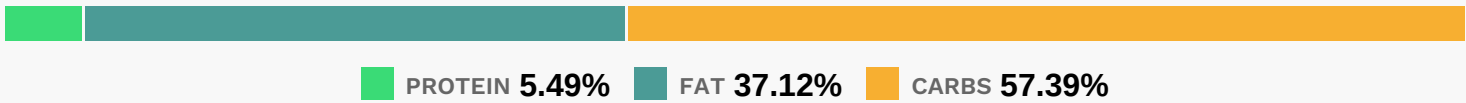
Equipment

- ☐ microwave
- ☐ skewers

Directions

- ☐ Insert skewer in stem end of each apple. Divide nuts into 6 mounds on waxed paper.
- ☐ Heat water and caramels over low heat, stirring occasionally, until caramels are melted and smooth. Keep caramel over very low heat. Dip each apple into caramel, spooning mixture over apple until completely coated. (If caramel hardens while coating apples, heat over low heat.)
- ☐ Roll side and bottom of each apple in nuts.
- ☐ Let stand on waxed paper.
- ☐ Heat chocolate chips and shortening over low heat, stirring occasionally, until melted. Spoon chocolate over top of each apple, allowing some to drizzle down sides.
- ☐ Let stand until coating is firm. Store loosely covered at room temperature or in refrigerator up to 1 week.
- ☐ Microwave Directions: Prepare apples and nuts as directed.
- ☐ Place water and caramels in 4-cup microwavable measure. Microwave uncovered on High 3 to 4 minutes, stirring after 2 minutes, until caramels can be stirred smooth. Continue as directed. (If caramel thickens, microwave about 30 seconds.)
- ☐ Place chocolate chips and shortening in 1-cup microwavable measure. Microwave uncovered on Medium (50%) 2 to 3 minutes or until smooth.

Nutrition Facts



Properties

Glycemic Index:26.44, Glycemic Load:40.93, Inflammation Score:-5, Nutrition Score:12.636521619299%

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: 596.16kcal (29.81%), Fat: 25.9g (39.85%), Saturated Fat: 7.19g (44.92%), Carbohydrates: 90.12g (30.04%), Net Carbohydrates: 82.32g (29.94%), Sugar: 67.82g (75.35%), Cholesterol: 5.53mg (1.84%), Sodium: 171.8mg (7.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 8.61g (17.23%), Manganese: 0.74mg (36.94%), Fiber: 7.79g (31.17%), Copper: 0.56mg (27.87%), Magnesium: 101.24mg (25.31%), Phosphorus: 239.79mg (23.98%), Potassium: 575.03mg (16.43%), Vitamin B2: 0.27mg (16.13%), Calcium: 130.08mg (13.01%), Iron: 2.16mg (11.98%), Zinc: 1.68mg (11.19%), Vitamin C: 8.86mg (10.74%), Vitamin B1: 0.15mg (10.21%), Vitamin B6: 0.19mg (9.54%), Vitamin B5: 0.88mg (8.8%), Vitamin K: 8.58µg (8.17%), Vitamin B3: 1.53mg (7.65%), Vitamin E: 0.86mg (5.75%), Folate: 21.55µg (5.39%), Vitamin B12: 0.23µg (3.76%), Selenium: 2.47µg (3.52%), Vitamin A: 155.12IU (3.1%)