



Chocolate-Pecan Caramel Apples

 Gluten Free

READY IN



95 min.

SERVINGS



5

CALORIES



540 kcal

DESSERT

Ingredients

- 1.5 lb apples chilled well
- 2 oz baker's chocolate white
- 11 oz caramels kraft
- 1 cup planters pecans coarsely chopped
- 1 oz baker's semi-sweet chocolate
- 2 Tbsp water

Equipment

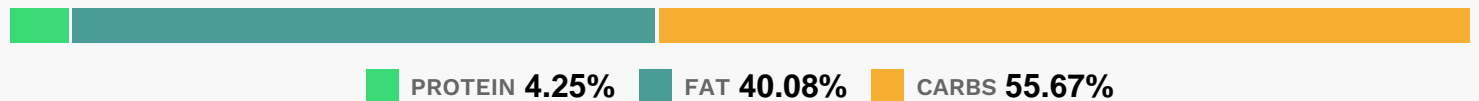
- bowl

microwave

Directions

- Wash apples, then dry completely. (Note: In order for the caramel sauce to stick to the apples, the apples need to be well chilled before washing, drying and dipping in the caramel sauce.)
- Insert wooden pop stick into stem end of each apple. Microwave caramels and water in large glass microwaveable bowl on HIGH 2 to 2-1/2 min. or until caramels are completely melted and mixture is well blended when stirred.
- Cover large plate with parchment; spray with cooking spray. Dip apples, 1 at a time, into caramel sauce, turning to evenly coat each apple. Hold dipped apple over bowl to let excess caramel drip back into bowl. Dip apples in coconut; place on prepared plate. Refrigerate 15 min.
- Melt white chocolate with semi-sweet chocolate as directed on package; mix well.
- Drizzle over apples. Press nuts into chocolate. Return to prepared plate.
- Refrigerate 1 hour or until caramel is firm.
- Remove apples from refrigerator 15 min. before serving. (Note: Caramel apples can be refrigerated up to 2 days before serving.)

Nutrition Facts



Properties

Glycemic Index:35.4, Glycemic Load:40.95, Inflammation Score:-4, Nutrition Score:10.687826156616%

Flavonoids

Cyanidin: 4.26mg, Cyanidin: 4.26mg, Cyanidin: 4.26mg, Cyanidin: 4.26mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 10.41mg, Epicatechin: 10.41mg, Epicatechin: 10.41mg, Epicatechin: 10.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg

Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 539.78kcal (26.99%), Fat: 25.35g (39%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 79.24g (26.41%), Net Carbohydrates: 73.6g (26.76%), Sugar: 64.56g (71.74%), Cholesterol: 7.09mg (2.36%), Sodium: 165.24mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 6.05g (12.1%), Manganese: 1.02mg (51.08%), Fiber: 5.64g (22.57%), Copper: 0.36mg (18.2%), Phosphorus: 175.62mg (17.56%), Vitamin B1: 0.23mg (15.13%), Vitamin B2: 0.26mg (15.03%), Calcium: 134.36mg (13.44%), Magnesium: 52.76mg (13.19%), Potassium: 424.83mg (12.14%), Zinc: 1.46mg (9.74%), Vitamin C: 6.78mg (8.22%), Vitamin B5: 0.73mg (7.27%), Vitamin B6: 0.14mg (7.03%), Vitamin E: 0.95mg (6.34%), Iron: 1.14mg (6.32%), Vitamin K: 6.25µg (5.95%), Vitamin B12: 0.26µg (4.35%), Selenium: 2.86µg (4.09%), Folate: 11.73µg (2.93%), Vitamin B3: 0.58mg (2.9%), Vitamin A: 117IU (2.34%)