



Chocolate-Toffee Apples

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 0.7 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons plus
- ☐ 1 cup sugar
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 1 cup pecans toasted chopped
- ☐ 0.1 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 12 small frangelico red firm

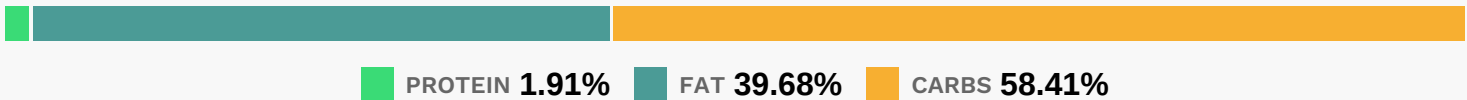
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wire rack
- ☐ microwave
- ☐ candy thermometer

Directions

- ☐ Rinse apples; dry well to remove waxy residue. Insert a craft stick into stem end of each apple.
- ☐ Place pecans in a shallow dish.
- ☐ Combine sugars and the next 4 ingredients (through butter) in a small, heavy saucepan over medium-high heat, stirring just until sugar dissolves, and bring to a boil. Cook, without stirring, until a candy thermometer reaches 325 or until syrup begins to caramelize.
- ☐ Remove from heat; stir in vanilla and salt.
- ☐ Working quickly with 1 apple at a time and holding apple by its stick, dip in caramel mixture, tilting pan and turning apple to mostly coat apple; allow excess to drip off. Quickly dip apple in pecans.
- ☐ Place apple, stick side up, on a cooling rack; let stand until set.
- ☐ Place chocolate in a microwave-safe dish; microwave at HIGH 1 minute or until melted, stirring every 20 seconds until smooth.
- ☐ Drizzle chocolate over apples.
- ☐ Let stand until set.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:12.21, Inflammation Score:0, Nutrition Score:3.0699999591579%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg

Nutrients (% of daily need)

Calories: 231.06kcal (11.55%), Fat: 10.61g (16.32%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 33.95g (12.35%), Sugar: 33.46g (37.18%), Cholesterol: 8.13mg (2.71%), Sodium: 46.5mg (2.02%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.15g (2.3%), Manganese: 0.44mg (22.14%), Copper: 0.17mg (8.3%), Magnesium: 19.73mg (4.93%), Fiber: 1.17g (4.68%), Vitamin B1: 0.06mg (3.92%), Phosphorus: 37.65mg (3.76%), Zinc: 0.53mg (3.53%), Iron: 0.61mg (3.37%), Potassium: 80.43mg (2.3%), Calcium: 21.88mg (2.19%), Vitamin A: 102.04IU (2.04%), Selenium: 1.08µg (1.54%), Vitamin E: 0.22mg (1.47%), Vitamin B2: 0.02mg (1.29%), Vitamin B6: 0.02mg (1.25%), Vitamin B5: 0.11mg (1.11%)