



Chocolate-Toffee Apples

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



314 kcal

SIDE DISH

Ingredients

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

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

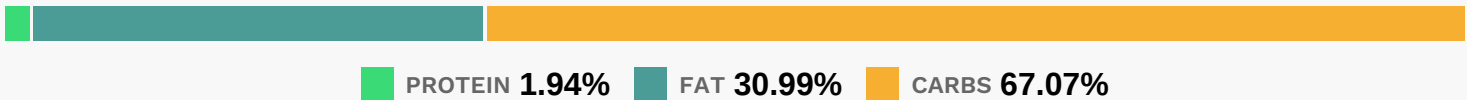
Equipment

- ☐ 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:15.09, Glycemic Load:17.65, Inflammation Score:-3, Nutrition Score:5.6082608466563%

Flavonoids

Cyanidin: 3.31mg, Cyanidin: 3.31mg, Cyanidin: 3.31mg, Cyanidin: 3.31mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 11.29mg, Epicatechin: 11.29mg, Epicatechin: 11.29mg, Epicatechin: 11.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 314.3kcal (15.72%), Fat: 11.46g (17.63%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 50.97g (18.54%), Sugar: 48.99g (54.43%), Cholesterol: 8.13mg (2.71%), Sodium: 47.99mg (2.09%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.62g (3.23%), Manganese: 0.53mg (26.62%), Fiber: 4.83g (19.3%), Copper: 0.22mg (10.82%), Vitamin C: 6.97mg (8.45%), Magnesium: 28.18mg (7.05%), Potassium: 243.27mg (6.95%), Vitamin B1: 0.09mg (5.97%), Phosphorus: 56.34mg (5.63%), Iron: 0.81mg (4.48%), Vitamin B6: 0.09mg (4.39%), Zinc: 0.63mg (4.18%), Vitamin K: 4.18µg (3.98%), Vitamin A: 182.97IU (3.66%), Vitamin B2: 0.06mg (3.63%), Vitamin E: 0.5mg (3.34%), Calcium: 31.41mg (3.14%), Vitamin B5: 0.21mg (2.09%), Folate: 6.76µg (1.69%), Selenium: 1.11µg (1.59%), Vitamin B3: 0.3mg (1.49%)