



Cinnamon-Cider Candied Apples



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 1.8 cups apple cider
- ☐ 0.5 cup brandy
- ☐ 12 wooden craft sticks
- ☐ 12 small granny smith apples washed and dried
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.7 cup cinnamon-flavored candies red (such as hots)
- ☐ 1.8 cups sugar

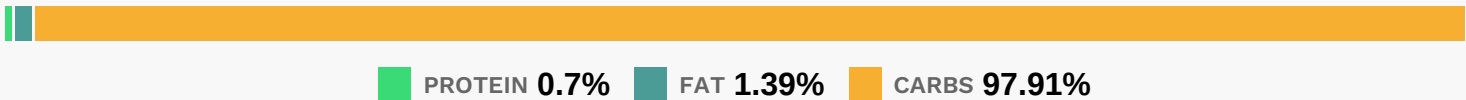
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ candy thermometer

Directions

- ☐ Line a baking sheet with parchment paper; coat paper with cooking spray.
- ☐ Combine cider and brandy in a small saucepan; bring to a boil. Cook until reduced to 3/4 cup (about 14 minutes).
- ☐ Add candies to pan, stirring constantly until melted.
- ☐ Add sugar and salt, stirring just until sugar dissolves. Cook, without stirring, until a candy thermometer registers 310 (about 8 minutes).
- ☐ Remove from heat; let cool to 210 (about 15 minutes).
- ☐ Stick craft sticks in apples; dip apples in hot syrup.
- ☐ Place apples on prepared baking sheet; cool until set.

Nutrition Facts



Properties

Glycemic Index:15.82, Glycemic Load:27.37, Inflammation Score:-2, Nutrition Score:2.8173912789511%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 12.84mg, Epicatechin: 12.84mg, Epicatechin: 12.84mg, Epicatechin: 12.84mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

6.19mg

Nutrients (% of daily need)

Calories: 264.56kcal (13.23%), Fat: 0.4g (0.61%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 63.03g (21.01%), Net Carbohydrates: 59.32g (21.57%), Sugar: 56.2g (62.45%), Cholesterol: 0mg (0%), Sodium: 30.68mg (1.33%), Alcohol: 3.34g (100%), Alcohol %: 1.79% (100%), Protein: 0.45g (0.9%), Fiber: 3.71g (14.84%), Vitamin C: 7.29mg (8.83%), Potassium: 205.38mg (5.87%), Vitamin K: 4.45µg (4.24%), Manganese: 0.08mg (4.24%), Vitamin B6: 0.07mg (3.52%), Vitamin B2: 0.05mg (3.11%), Copper: 0.05mg (2.5%), Magnesium: 9.61mg (2.4%), Vitamin B1: 0.03mg (2.27%), Phosphorus: 20.16mg (2.02%), Vitamin A: 98.76IU (1.98%), Vitamin E: 0.28mg (1.88%), Folate: 5.91µg (1.48%), Iron: 0.25mg (1.37%), Calcium: 13.6mg (1.36%), Vitamin B5: 0.12mg (1.18%)