



Cookie Caramel Apples

READY IN



20 min.

SERVINGS



5

CALORIES



630 kcal

DESSERT

Ingredients

- 5 caramel apple sticks
- 5 medium apples
- 1 tablespoon butter
- 9 ounce werther's original baking caramels
- 9 ounce chocolate wafers such as nabisco famous finely chopped
- 5 pieces werther's original candies hard
- 1 tablespoon water

Equipment

- frying pan
- baking sheet
- sauce pan

Directions

- Spray a cookie sheet with non-stick cooking spray. Wash apples by gently rubbing with an abrasive scrub sponge and a few drops of dish detergent. Rinse and dry well; remove stem. Push sticks into tops of apples; set aside.
- Melt Baking and Hard caramels with butter and water in a medium saucepan over low heat until smooth, stirring often. Dip and swirl apples in melted caramel mixture, using a spoon to spread evenly.
- Roll in cookie crumbs, pressing gently into caramel.
- Place on prepared pan and refrigerate at least 15 minutes or until caramel sets.

Nutrition Facts



Properties

Glycemic Index:45.7, Glycemic Load:56.32, Inflammation Score:-6, Nutrition Score:12.546087057694%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg

Nutrients (% of daily need)

Calories: 630.26kcal (31.51%), Fat: 14.5g (22.31%), Saturated Fat: 5.11g (31.97%), Carbohydrates: 127.31g (42.44%), Net Carbohydrates: 116.81g (42.48%), Sugar: 90.99g (101.1%), Cholesterol: 10.76mg (3.59%), Sodium: 443.46mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.1mg (1.7%), Protein: 6.73g (13.47%), Fiber: 10.5g

(41.99%), Manganese: 0.49mg (24.41%), Vitamin B2: 0.36mg (21.29%), Vitamin C: 16.95mg (20.55%), Potassium: 606.52mg (17.33%), Copper: 0.34mg (17.21%), Phosphorus: 166.24mg (16.62%), Vitamin B1: 0.22mg (14.54%), Iron: 2.57mg (14.26%), Magnesium: 54.01mg (13.5%), Calcium: 110mg (11%), Vitamin B6: 0.2mg (10.2%), Vitamin K: 10.35µg (9.85%), Vitamin B3: 1.87mg (9.34%), Folate: 37.03µg (9.26%), Vitamin E: 1.32mg (8.82%), Vitamin B5: 0.74mg (7.36%), Zinc: 0.93mg (6.19%), Vitamin A: 296.33IU (5.93%), Selenium: 3.86µg (5.51%), Vitamin B12: 0.2µg (3.4%)