



Creamy Caramel-Peanut Butter Dip

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



13

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb apples cut into 8 slices
- 25 caramels kraft ()
- 2 Tbsp creamy peanut butter
- 0.3 cup milk
- 0.5 cup planters roasted peanuts dry chopped

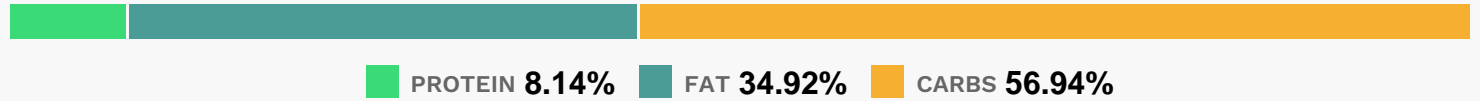
Equipment

- bowl
- microwave

Directions

- Microwave first 3 ingredients in microwaveable bowl on HIGH 2-1/2 to 3 min. or until caramels are completely melted, stirring after each minute.
- Dip apple slices in warm dip, then sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:11.04, Inflammation Score:-1, Nutrition Score:3.1413043854029%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 142.98kcal (7.15%), Fat: 5.89g (9.07%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 20.18g (7.34%), Sugar: 16.99g (18.88%), Cholesterol: 1.91mg (0.64%), Sodium: 83.46mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Manganese: 0.17mg (8.54%), Vitamin B3: 1.22mg (6.12%), Phosphorus: 59.79mg (5.98%), Fiber: 1.44g (5.76%), Magnesium: 20.01mg (5%), Vitamin B2: 0.08mg (4.76%), Vitamin E: 0.66mg (4.42%), Calcium: 38.96mg (3.9%), Potassium: 135.99mg (3.89%), Vitamin B6: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.7%), Vitamin B5: 0.26mg (2.65%), Copper: 0.05mg (2.4%), Folate: 9.53µg (2.38%), Zinc: 0.34mg (2.27%), Vitamin C: 1.68mg (2.04%), Selenium: 1.07µg (1.53%), Vitamin B12: 0.08µg (1.38%), Iron: 0.2mg (1.13%), Vitamin K: 1.14µg (1.08%)