



Deluxe Dipped Apples

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



777 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 apples
- 1 cup candy corn
- 14 ounce individually wrapped caramels
- 6 servings celery stalks
- 1 cup chocolate chips mini
- 1 cup marshmallows mini
- 2 tablespoons milk
- 1 cup nuts chopped

6 servings water

Equipment

frying pan

sauce pan

wax paper

Directions

Bring 3 inches of water in a medium saucepan to a boil.

Insert a craft stick into the top end of each apple.

Dip the apples, 1 at a time, into the boiling water for 20–30 seconds, this will remove the wax coating on the apples. Dry thoroughly and place onto a sheet pan lined with parchment or wax paper.

Prepare the caramel by adding caramel candies and milk to a medium saucepan over medium heat. Stay close and stir often while the candies melt. Once melted, remove from heat and allow to sit about 1 minute.

Dip each apple in the caramel, turning slowly to coat. Continue to turn, allowing any excess to drip back into the saucepan.

If desired, dip the bottoms of each apple into nuts, chocolate chips or other garnish.

Cool apples completely on the prepared sheet pan then wrap individually and store for 2 to 3 days in an airtight container.

Nutrition Facts

  
 **PROTEIN 4.66%**  **FAT 28.05%**  **CARBS 67.29%**

Properties

Glycemic Index:42.86, Glycemic Load:45.1, Inflammation Score:-5, Nutrition Score:10.956956505775%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg

Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 776.88kcal (38.84%), Fat: 25.2g (38.77%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 136g (45.33%), Net Carbohydrates: 128.64g (46.78%), Sugar: 110.25g (122.5%), Cholesterol: 9.73mg (3.24%), Sodium: 286.53mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.85%), Fiber: 7.36g (29.45%), Manganese: 0.54mg (26.89%), Copper: 0.41mg (20.72%), Phosphorus: 205.79mg (20.58%), Magnesium: 77.59mg (19.4%), Calcium: 167.7mg (16.77%), Vitamin B2: 0.27mg (16.01%), Potassium: 490.1mg (14%), Vitamin C: 8.94mg (10.84%), Vitamin B1: 0.15mg (10.01%), Vitamin B6: 0.19mg (9.34%), Iron: 1.59mg (8.83%), Zinc: 1.32mg (8.83%), Vitamin B5: 0.83mg (8.32%), Vitamin B3: 1.41mg (7.03%), Vitamin K: 5.5µg (5.24%), Folate: 20.55µg (5.14%), Vitamin E: 0.64mg (4.25%), Vitamin A: 209.45IU (4.19%), Vitamin B12: 0.23µg (3.76%), Selenium: 1.43µg (2.04%)