



Deluxe Dipped Apples

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



777 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

☐ 1 cup marshmallows mini

Equipment

☐ frying pan

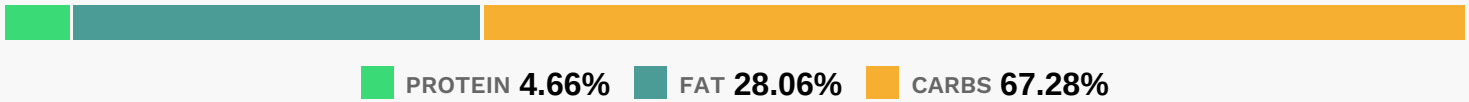
☐ sauce pan

☐ 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



Properties

Glycemic Index:42.86, Glycemic Load:45.09, Inflammation Score:-5, Nutrition Score:10.800434646399%

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 Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg 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: 776.76kcal (38.84%), Fat: 25.2g (38.77%), Saturated Fat: 7.78g (48.65%), Carbohydrates: 135.98g (45.33%), Net Carbohydrates: 128.63g (46.77%), Sugar: 110.24g (122.49%), Cholesterol: 9.73mg (3.24%), Sodium: 276mg (12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.83%), Fiber: 7.35g (29.4%), Manganese: 0.54mg (26.84%), Phosphorus: 205.59mg (20.56%), Copper: 0.38mg (19.13%), Magnesium: 75.52mg (18.88%), Calcium: 161.46mg (16.15%), Vitamin B2: 0.27mg (15.98%), Potassium: 487.93mg (13.94%), Vitamin C: 8.92mg (10.81%), Vitamin B1: 0.15mg (10%), Vitamin B6: 0.19mg (9.31%), Iron: 1.59mg (8.82%), Zinc: 1.3mg (8.69%), Vitamin B5: 0.83mg (8.3%), Vitamin B3: 1.4mg (7.02%), Folate: 20.25µg (5.06%), Vitamin K: 5.26µg (5.01%), Vitamin E: 0.63mg (4.23%), Vitamin A: 205.71IU (4.11%), Vitamin B12: 0.23µg (3.76%), Selenium: 1.43µg (2.04%)