



Dressed-Up Caramel Apples

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

DESSERT

Ingredients

- 6 apples
- 14 oz caramels
- 24 inch wooden craft sticks
- 6 servings garnishes: nuts mini chopped
- 2 tablespoons water

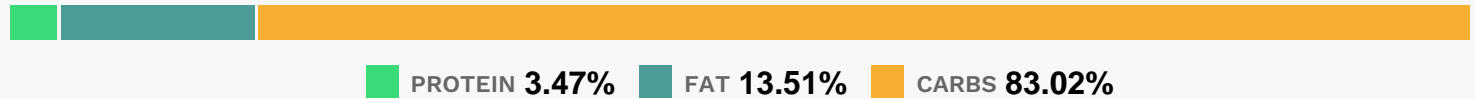
Equipment

- sauce pan
- wax paper

Directions

- Wash and dry apples; insert sticks into stem end of apples and set aside.
- Combine caramels and water in saucepan. Cook and stir over medium–low heat until caramels are completely melted. Dip apples into melted caramel until well coated; let excess drip off. Dip bottoms of apples into desired garnish. Set apples on a plate lined with buttered wax paper. Chill for at least one hour.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:39.79, Inflammation Score:-3, Nutrition Score:5.7913044380105%

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: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 391.05kcal (19.55%), Fat: 6.2g (9.55%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 85.75g (28.58%), Net Carbohydrates: 81.22g (29.54%), Sugar: 71.49g (79.44%), Cholesterol: 4.63mg (1.54%), Sodium: 172.26mg (7.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Fiber: 4.53g (18.12%), Vitamin B2: 0.22mg (13.09%), Vitamin C: 8.95mg (10.85%), Calcium: 106.42mg (10.64%), Potassium: 362.71mg (10.36%), Phosphorus: 97.87mg (9.79%), Vitamin K: 8.17µg (7.78%), Vitamin B1: 0.1mg (6.75%), Vitamin B6: 0.12mg (5.96%), Vitamin B5: 0.55mg (5.46%), Magnesium: 21.51mg (5.38%), Vitamin E: 0.66mg (4.4%), Manganese: 0.08mg (4.07%), Vitamin A: 171.68IU (3.43%), Vitamin B12: 0.2µg (3.31%), Copper: 0.07mg (3.27%), Folate: 11.76µg (2.94%), Zinc: 0.38mg (2.52%), Iron: 0.33mg (1.84%), Selenium: 1.23µg (1.76%), Vitamin B3: 0.3mg (1.48%)