



Georgian Caramel Apples

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



981 kcal

DESSERT

Ingredients

- 14 ounce caramels
- 6 wooden craft sticks
- 6 large granny smith apples
- 2 cups peanuts toasted chopped
- 12 ounce semisweet chocolate morsels
- 1 tablespoon vanilla extract
- 1 tablespoon water

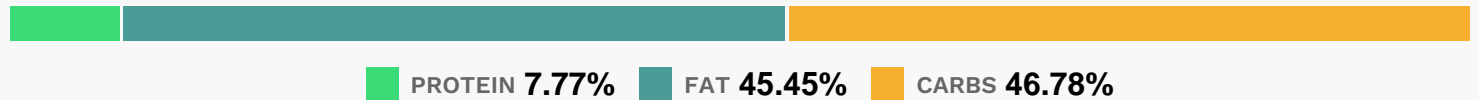
Equipment

- bowl
- wax paper
- microwave

Directions

- Wash and dry apples; remove stems. Insert craft sticks into stem end of each apple; set aside.
- Combine caramels, vanilla, and 1 tablespoon water in a microwave-safe glass bowl. Microwave on HIGH 90 seconds or until melted, stirring twice.
- Dip each apple into the caramel mixture quickly, allowing excess caramel to drip off.
- Roll in chopped peanuts; place on lightly greased wax paper. Chill at least 15 minutes.
- Microwave chocolate morsels at HIGH 90 seconds or until melted, stirring twice; cool 5 minutes.
- Pour chocolate where craft sticks and apple meet, allowing chocolate to drip down sides of apples. Press pecan halves onto chocolate, if desired. Chill 15 minutes or until set.
- NOTE: For testing purposes only, we used Kraft Caramels.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:41.7, Inflammation Score:-8, Nutrition Score:27.299130387928%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 981.14kcal (49.06%), Fat: 51.61g (79.39%), Saturated Fat: 17.92g (111.97%), Carbohydrates: 119.52g (39.84%), Net Carbohydrates: 104.95g (38.16%), Sugar: 87.66g (97.4%), Cholesterol: 8.03mg (2.68%), Sodium: 184.19mg (8.01%), Alcohol: 0.75g (100%), Alcohol %: 0.23% (100%), Caffeine: 48.76mg (16.25%), Protein: 19.85g (39.7%), Manganese: 2.13mg (106.52%), Copper: 1.22mg (61.05%), Fiber: 14.58g (58.3%), Magnesium: 214.4mg (53.6%), Phosphorus: 437.27mg (43.73%), Vitamin B3: 8.55mg (42.74%), Iron: 5.86mg (32.54%), Folate: 127.58µg (31.89%), Potassium: 1077.34mg (30.78%), Vitamin B1: 0.45mg (30.25%), Zinc: 2.92mg (19.48%), Calcium: 193.32mg (19.33%), Vitamin B2: 0.33mg (19.13%), Vitamin B6: 0.32mg (16.03%), Vitamin B5: 1.59mg (15.88%), Selenium: 9.47µg (13.53%), Vitamin C: 10.65mg (12.9%), Vitamin K: 11.35µg (10.81%), Vitamin E: 1.05mg (7.01%), Vitamin B12: 0.3µg (5.01%), Vitamin A: 194.51IU (3.89%)