



## Grilled Caramel Apples



Vegetarian



Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



88 kcal

DESSERT

### Ingredients



2 large apples



0.3 cup mrs richardson's butterscotch caramel sauce

### Equipment



grill

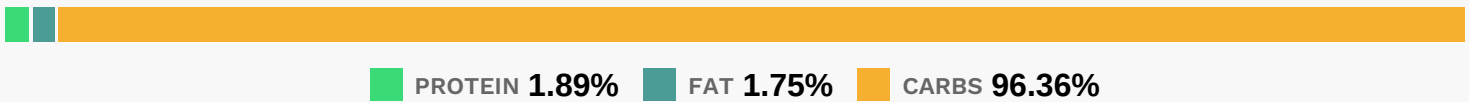


aluminum foil

### Directions

- ☐ Heat coals or gas grill for direct heat. Fold four 18x12-inch pieces heavy-duty aluminum foil crosswise in half; spray with cooking spray.
- ☐ Cut apples in half; remove cores.
- ☐ Cut each half into 4 wedges.
- ☐ Place 4 apple wedges in center of each piece of foil.
- ☐ Drizzle 2 tablespoons caramel topping over apple wedges on each piece of foil. Wrap foil securely around apples.
- ☐ Grill foil packets, seam sides up, 5 to 6 inches from medium-low heat 8 to 9 minutes or until apples are crisp-tender. Open packets carefully to avoid steam; caramel will be hot.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:4.07, Inflammation Score:-2, Nutrition Score:1.8995652159919%

## Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 88.49kcal (4.42%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 20.76g (7.55%), Sugar: 19.65g (21.83%), Cholesterol: 0mg (0%), Sodium: 49.28mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Fiber: 2.68g (10.7%), Vitamin C: 5.2mg (6.3%), Potassium: 128.63mg (3.68%), Vitamin K: 2.45µg (2.34%), Manganese: 0.05mg (2.3%), Vitamin B6: 0.05mg (2.29%), Phosphorus: 17.77mg (1.78%), Vitamin B2: 0.03mg (1.71%), Magnesium: 6.28mg (1.57%), Copper: 0.03mg (1.51%), Vitamin A: 72.92IU (1.46%), Vitamin E: 0.21mg (1.39%), Calcium: 13.61mg (1.36%), Vitamin B1: 0.02mg (1.26%)