



Hot Cinnamon Candy Covered Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



6

CALORIES



718 kcal

SIDE DISH

Ingredients

- ☐ 6 apples
- ☐ 1 teaspoon cinnamon oil
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 cups plus light
- ☐ 1 tablespoon food coloring red
- ☐ 2 cups water
- ☐ 2 cups sugar white

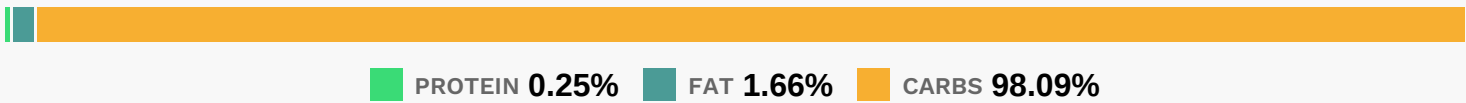
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Line a cookie sheet with aluminum foil and sprinkle it with confectioners' sugar.
- ☐ Remove stems from apples and rinse them thoroughly. Spear each apple through the bottom with a rounded wooden craft stick. Dry thoroughly and set aside.
- ☐ In a large saucepan bring water, sugar and corn syrup to a boil. Reduce heat to medium-high. Continue to boil, stirring so as not to burn, until mixture reaches 300 degrees F (150 degrees C).
- ☐ Remove from heat, and while stirring, add food coloring and cinnamon oil.
- ☐ Working quickly, dip each apple into the candy mixture, coating well.
- ☐ Place apples on prepared cookie sheet to cool. Refrigerate for 2 hours.

Nutrition Facts



Properties

Glycemic Index:20.18, Glycemic Load:69.77, Inflammation Score:-1, Nutrition Score:3.527826047462%

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: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 717.78kcal (35.89%), Fat: 1.42g (2.18%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 188.79g (62.93%), Net Carbohydrates: 184.42g (67.06%), Sugar: 182.54g (202.82%), Cholesterol: 0mg (0%), Sodium: 77.1mg (3.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Fiber: 4.37g (17.47%), Vitamin C: 8.37mg (10.15%), Vitamin B1: 0.1mg (6.53%), Potassium: 197.41mg (5.64%), Vitamin K: 4.48µg (4.27%), Zinc: 0.59mg (3.92%), Vitamin B6: 0.07mg (3.73%), Vitamin B2: 0.06mg (3.64%), Copper: 0.07mg (3.36%), Manganese: 0.07mg (3.34%), Vitamin E: 0.44mg (2.96%), Calcium: 28.83mg (2.88%), Magnesium: 11.03mg (2.76%), Phosphorus: 20.02mg (2%), Vitamin A: 98.28IU (1.97%), Selenium: 1.26µg (1.79%), Iron: 0.26mg (1.43%), Folate: 5.46µg (1.36%), Vitamin B5: 0.11mg (1.11%)