



Jackson Pollock Candied Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

Ingredients

- ☐ 2.5 ounces premium baking chocolate white coarsely chopped (such as Baker's)
- ☐ 3 ounces bittersweet chocolate coarsely chopped
- ☐ 6 granny smith apples

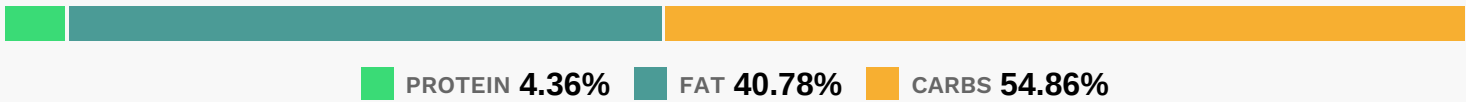
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Wash and dry apples; remove stems. Insert a wooden stick into the stem end of each apple.
- ☐ Place bittersweet chocolate in a glass bowl; microwave at HIGH 1 minute or until melted, stirring every 20 seconds until smooth. Working with 1 apple at a time, hold apple over bowl. Using a spoon, drizzle apple with about 2 teaspoons bittersweet chocolate.
- ☐ Place apple, stick side up, on a baking sheet covered with wax paper. Repeat procedure with remaining apples.
- ☐ Place white chocolate in a glass bowl; microwave at HIGH 1 minute or until melted, stirring every 15 seconds until smooth. Working with 1 apple at a time, hold apple over bowl. Using a spoon, drizzle apple with about 1 1/2 teaspoons white chocolate.
- ☐ Place apple, stick side up, on baking sheet covered with wax paper. Repeat procedure with remaining apples. Chill apples until ready to serve.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:6.64, Inflammation Score:-5, Nutrition Score:9.1478260263153%

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: 9.96mg, Catechin: 9.96mg, Catechin: 9.96mg, Catechin: 9.96mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 30.46mg, Epicatechin: 30.46mg, Epicatechin: 30.46mg, Epicatechin: 30.46mg 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: 235.89kcal (11.79%), Fat: 11.92g (18.34%), Saturated Fat: 7g (43.72%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 28.61g (10.4%), Sugar: 24.24g (26.93%), Cholesterol: 0.85mg (0.28%), Sodium: 6.07mg (0.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 21.64mg (7.21%), Protein: 2.86g (5.73%), Manganese: 0.74mg (37.19%), Copper: 0.61mg (30.4%), Fiber: 7.46g (29.85%), Magnesium: 72.67mg (18.17%), Iron: 3.17mg (17.61%),

Potassium: 373.15mg (10.66%), Zinc: 1.59mg (10.57%), Phosphorus: 104.12mg (10.41%), Vitamin C: 8.37mg (10.15%), Vitamin K: 6.17µg (5.88%), Vitamin B6: 0.08mg (4.13%), Vitamin B2: 0.07mg (3.89%), Vitamin B1: 0.05mg (3.52%), Calcium: 31.64mg (3.16%), Selenium: 2.15µg (3.07%), Vitamin E: 0.46mg (3.06%), Vitamin B3: 0.44mg (2.22%), Folate: 8.77µg (2.19%), Vitamin A: 105.37IU (2.11%), Vitamin B5: 0.17mg (1.73%)