



Mini Caramel Apples

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate chips mini
- ☐ 0.8 cup plus light
- ☐ 20 purple gel food coloring such as magnolia twigs, or craft sticks
- ☐ 1.3 cups cup heavy whipping cream divided
- ☐ 0.5 cup cranberry-orange relish mini
- ☐ 0.5 cup pecans toasted chopped
- ☐ 2 large apples red
- ☐ 1 cup sugar

- ☐ 0.5 cup butter unsalted

Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ candy thermometer
- ☐ melon baller

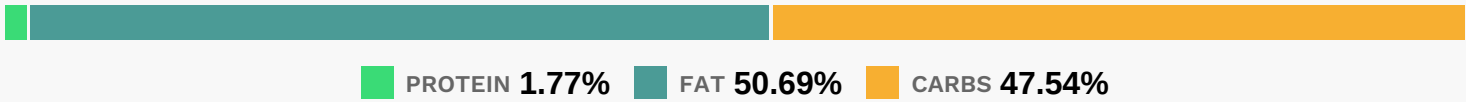
Directions

- ☐ Heat corn syrup, sugar, butter, and 3/4 cup plus 2 tbsp. cream in a 3-qt. saucepan over medium-high heat until mixture reaches 275 on a candy thermometer*, about 15 minutes, stirring often with the thermometer or a wooden spoon once it starts to brown. While caramel boils, prepare the remaining ingredients (you'll need to have everything ready before beginning step 3).
- ☐ Grease a baking sheet and set aside. Put nuts, chocolate chips, and candies on individual plates and set aside. Using a 1-in. melon baller, cut apples into balls (you should get 8 to 10 from each apple). Push thickest end of a twig into each apple ball through skin side to center. Set on paper towels to absorb moisture.
- ☐ Remove caramel from heat when at 275 and pour in remaining 1/4 cup cream, stirring until very smooth (it will come together after about 1 minute) and being careful of any splattering caramel.
- ☐ Dip apple balls into caramel, making sure caramel comes over edges of skin and letting excess drip off. Dip bottom of each ball into either nuts, chocolate chips, or candies, then set on the baking sheet to cool.
- ☐ *You'll need an accurate candy thermometer. Check it by immersing in boiling water; it should read 212
- ☐ If it's a few degrees too high or low, cook the caramel to a corresponding few degrees more or less. If it's way off, get a new thermometer.
- ☐ Make ahead: Chill until ready to serve, up to 3 hours ahead.

☐

Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:6.57, Inflammation Score:-2, Nutrition Score:1.4417391393496%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 146.24kcal (7.31%), Fat: 8.6g (13.24%), Saturated Fat: 4.76g (29.78%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 17.49g (6.36%), Sugar: 17.26g (19.18%), Cholesterol: 19.79mg (6.6%), Sodium: 10.63mg (0.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin A: 262.74IU (5.25%), Manganese: 0.08mg (4.04%), Vitamin C: 2.38mg (2.88%), Fiber: 0.67g (2.67%), Vitamin B2: 0.03mg (1.67%), Vitamin E: 0.23mg (1.56%), Vitamin B1: 0.02mg (1.55%), Calcium: 15.35mg (1.54%), Vitamin D: 0.22µg (1.44%), Copper: 0.03mg (1.37%), Phosphorus: 13.29mg (1.33%), Potassium: 38.65mg (1.1%)