



OREO Caramel-Dipped Apples

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb apples chilled well
- 1 oz baker's chocolate white
- 11 oz caramels kraft
- 12 oreo cookies coarsely chopped
- 2 Tbsp water
- 4 drops food coloring red yellow

Equipment

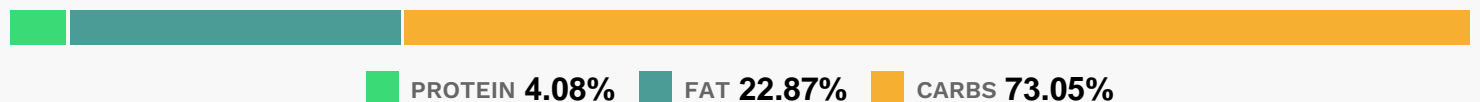
- baking sheet

sauce pan

Directions

- Wash apples, then dry completely. (Note: In order for the caramel sauce to stick to the apples, the apples need to be well chilled before washing, drying and dipping in the caramel sauce.)
- Insert wooden pop stick into stem end of each apple. Cook caramels and water in saucepan on medium-low heat until caramels are completely melted, stirring frequently.
- Dip apples, 1 at time, in caramel, then spoon enough of the remaining caramel over apple until coated.
- Roll in chopped cookies, pressing cookies gently into caramel to secure.
- Place on waxed paper-covered baking sheet; let stand 25 min. or until caramel is firm.
- Melt chocolate as directed on package; stir in food coloring. Cool 15 min.
- Drizzle over apples; let stand 10 min. or until firm.
- Serve immediately or refrigerate until ready to serve.
- Remove apples from refrigerator 15 min. before serving. (Note: Caramel apples can be refrigerated up to 2 days before serving.)

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:9.63, Inflammation Score:-1, Nutrition Score:2.0600000179332%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 118.3kcal (5.92%), Fat: 3.15g (4.85%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 21.62g (7.86%), Sugar: 17.52g (19.46%), Cholesterol: 1.39mg (0.46%), Sodium: 67.83mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Iron: 0.94mg (5.21%), Vitamin B2: 0.07mg (4.11%), Fiber: 1.03g (4.11%), Manganese: 0.06mg (3.13%), Phosphorus: 30.71mg (3.07%), Vitamin K: 3.13µg (2.98%), Calcium: 27.94mg (2.79%), Potassium: 90.67mg (2.59%), Vitamin B1: 0.04mg (2.46%), Vitamin E: 0.32mg (2.16%), Magnesium: 7.92mg (1.98%), Vitamin C: 1.63mg (1.98%), Copper: 0.04mg (1.86%), Folate: 6.14µg (1.53%), Vitamin B5: 0.15mg (1.48%), Vitamin B3: 0.25mg (1.26%), Vitamin B6: 0.03mg (1.26%), Selenium: 0.72µg (1.03%)