



Paula's Wacky Taffy Apples



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



638 kcal

SIDE DISH

Ingredients

- ☐ 12 apples
- ☐ 1 cup brown sugar packed
- ☐ 0.7 cup butter
- ☐ 12 servings craft sticks
- ☐ 0.7 cup plus white
- ☐ 1 cup heavy cream
- ☐ 12 servings nuts chopped
- ☐ 1 teaspoon salt

- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

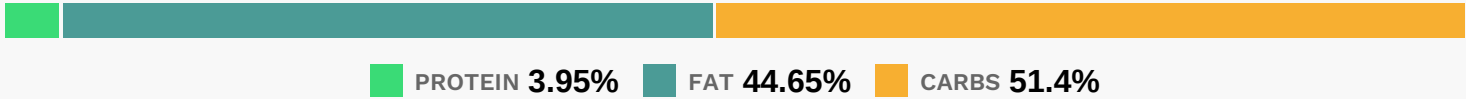
Equipment

- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Insert craft sticks into stem of apples.
- ☐ Mix all the ingredients, except the vanilla and nuts, in a large saucepan: cook, stirring constantly, to 240 degrees F on a candy thermometer.
- ☐ Remove from heat and let cook until mixture thickens.
- ☐ Add vanilla. Quickly dip apples in the mixture and twist until apples are evenly coated.
- ☐ Place on waxed paper to drain and firm up. If desired, roll candy apples in chopped nuts.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:31.37, Inflammation Score:-7, Nutrition Score:10.803478225418%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 638.09kcal (31.9%), Fat: 33.36g (51.32%), Saturated Fat: 13.18g (82.39%), Carbohydrates: 86.41g (28.8%), Net Carbohydrates: 79.09g (28.76%), Sugar: 71.28g (79.2%), Cholesterol: 49.53mg (16.51%), Sodium: 292.21mg (12.7%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 6.65g (13.3%), Manganese: 0.68mg (33.93%), Fiber: 7.32g (29.26%), Copper: 0.45mg (22.58%), Magnesium: 82.7mg (20.67%), Phosphorus: 173.91mg (17.39%), Vitamin A: 714.14IU (14.28%), Potassium: 445.45mg (12.73%), Vitamin C: 9.17mg (11.12%), Vitamin B6: 0.19mg (9.5%), Vitamin B2: 0.16mg (9.45%), Zinc: 1.33mg (8.86%), Vitamin B3: 1.76mg (8.8%), Iron: 1.55mg (8.6%), Vitamin B1: 0.1mg (6.9%), Calcium: 64.31mg (6.43%), Vitamin B5: 0.63mg (6.28%), Folate: 23.89µg (5.97%), Vitamin K: 5.85µg (5.57%), Vitamin E: 0.81mg (5.42%), Vitamin D: 0.32µg (2.12%), Selenium: 1.21µg (1.73%)