



## Peanut Butter Candy Apples

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**578 kcal**

DESSERT

### Ingredients

- 10 small apples
- 10 celery stalks (with round ends)
- 2 cups sugar
- 0.8 cup water
- 1 cup plus light
- 1 cup creamy peanut butter
- 1 tablespoon shortening
- 1 cup roasted peanuts (chopped)

## Equipment

- baking sheet
- sauce pan
- double boiler
- candy thermometer

## Directions

- Line cookie sheet with waxed paper; spray waxed paper with cooking spray. Wash and dry apples; remove stem and blossom ends. Insert craft stick into stem end of each apple.
- In 2-quart saucepan, mix sugar, water and 1/4 cup of the corn syrup.
- Heat to boiling over medium-high heat. Cook about 8 minutes, without stirring, to 300°F on candy thermometer or until small amount of mixture dropped into cup of very cold water separates into hard, brittle threads. (Watch carefully so mixture does not burn.) Immediately remove from heat.
- Working quickly, dip each apple in sugar mixture.
- Place on cookie sheet; let stand 4 minutes.
- Meanwhile, in top of double boiler, mix remaining 3/4 cup corn syrup, the peanut butter and shortening. Cook over simmering water about 4 minutes, stirring constantly until smooth. Dip coated apples almost completely in peanut butter mixture; roll apples in chopped peanuts, using hands to help adhere if necessary. Return to cookie sheet; refrigerate 15 minutes or until set. Store covered at room temperature.

## Nutrition Facts



**PROTEIN 6.65%** **FAT 32.05%** **CARBS 61.3%**

## Properties

Glycemic Index:16.71, Glycemic Load:38.99, Inflammation Score:-5, Nutrition Score:10.904347647791%

## Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg

Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

## **Nutrients (% of daily need)**

Calories: 578.42kcal (28.92%), Fat: 22.08g (33.97%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 95.01g (31.67%), Net Carbohydrates: 88.83g (32.3%), Sugar: 84.37g (93.74%), Cholesterol: 0mg (0%), Sodium: 201.07mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Manganese: 0.78mg (39%), Vitamin B3: 5.76mg (28.8%), Fiber: 6.18g (24.71%), Magnesium: 76.54mg (19.13%), Vitamin E: 2.71mg (18.05%), Phosphorus: 161.31mg (16.13%), Copper: 0.25mg (12.61%), Potassium: 429.78mg (12.28%), Folate: 46.49µg (11.62%), Vitamin B6: 0.22mg (10.8%), Vitamin B1: 0.13mg (8.56%), Vitamin C: 6.98mg (8.46%), Zinc: 1.17mg (7.79%), Vitamin B2: 0.11mg (6.49%), Vitamin B5: 0.59mg (5.86%), Iron: 0.99mg (5.48%), Vitamin K: 5.21µg (4.96%), Calcium: 43.16mg (4.32%), Selenium: 2.65µg (3.78%), Vitamin A: 98.42IU (1.97%)