



Peanut Butter-Swirl Caramel Apples

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



5

CALORIES



439 kcal

DESSERT

Ingredients

- 1.5 lb apples chilled well
- 3 oz baker's chocolate white
- 11 oz caramels kraft
- 2 Tbsp creamy peanut butter
- 2 Tbsp water

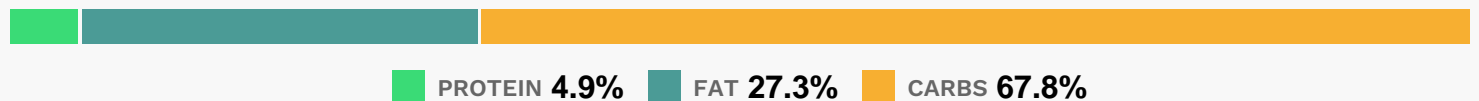
Equipment

- bowl
- microwave

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. Microwave caramels and water in large glass microwaveable bowl on HIGH 2 to 2-1/2 min. or until caramels are completely melted and mixture is well blended when stirred.
- Cover large plate with parchment; spray with cooking spray. Dip apples, 1 at a time, into caramel sauce, turning to evenly coat each apple. Hold dipped apple over bowl to let excess caramel drip back into bowl.
- Place apple on prepared plate. Refrigerate 15 min.
- Melt chocolate as directed on package.
- Add peanut butter; swirl gently with spoon.
- Drizzle over apples.
- Refrigerate 1 hour or until caramel is firm.
- 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:36.2, Glycemic Load:43.36, Inflammation Score:-3, Nutrition Score:6.6743478775024%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.46mg, Quercetin:

5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 438.9kcal (21.95%), Fat: 14.01g (21.56%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 78.3g (26.1%), Net Carbohydrates: 74.69g (27.16%), Sugar: 65.71g (73.01%), Cholesterol: 7.94mg (2.65%), Sodium: 197.23mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin B2: 0.26mg (15.01%), Fiber: 3.61g (14.43%), Phosphorus: 137.7mg (13.77%), Calcium: 131.4mg (13.14%), Potassium: 363.82mg (10.39%), Vitamin E: 1.28mg (8.52%), Vitamin C: 6.59mg (7.99%), Magnesium: 30.32mg (7.58%), Manganese: 0.15mg (7.48%), Vitamin B1: 0.11mg (7.13%), Vitamin B6: 0.13mg (6.43%), Vitamin B5: 0.64mg (6.41%), Vitamin B3: 1.19mg (5.97%), Vitamin K: 5.68µg (5.41%), Vitamin B12: 0.28µg (4.71%), Copper: 0.09mg (4.3%), Zinc: 0.62mg (4.12%), Folate: 13.27µg (3.32%), Selenium: 2.15µg (3.07%), Iron: 0.4mg (2.23%), Vitamin A: 104.78IU (2.1%)