



Red Wine Caramel Apples



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 8 small mcintosh apples dried washed stemmed well
- ☐ 6 tablespoons heavy cream
- ☐ 1.5 cups red wine
- ☐ 2 cups sugar
- ☐ 0.5 cup water

Equipment

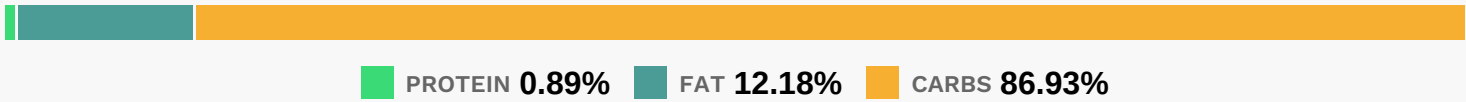
- ☐ frying pan
- ☐ sauce pan

- ☐ kitchen thermometer
- ☐ wax paper
- ☐ pastry brush

Directions

- ☐ Insert a wooden stick halfway into each apple at stem end. Line a tray with wax paper and lightly grease paper.
- ☐ Boil wine in a small saucepan over medium heat until reduced to 1/2 cup, 8 to 10 minutes.
- ☐ Remove from heat.
- ☐ Bring sugar and water to a boil in a 2 1/2-to 3-quart heavy saucepan over medium heat, stirring until sugar has dissolved, then wash down any sugar crystals from side of pan with a pastry brush dipped in cold water. Boil, without stirring, swirling pan occasionally so caramel colors evenly, until dark amber.
- ☐ Add reduced wine (mixture will bubble up and steam) and swirl pan.
- ☐ Add cream and simmer, stirring, until incorporated, then continue to simmer until thermometer registers 238°F.
- ☐ Remove from heat and cool to 200°F.
- ☐ Holding apples by the sticks, dip them in caramel and swirl to coat, letting excess drip off, then hold apples up (stick end down) for about 15 seconds to allow more caramel to set on apples. Put caramel apples, stick side up, on greased wax paper and let stand until caramel firms up, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:14.64, Glycemic Load:40.52, Inflammation Score:-4, Nutrition Score:3.4195652344952%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 5.15mg, Catechin: 5.15mg, Catechin: 5.15mg, Catechin: 5.15mg

5.15mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg
Epicatechin: 12.93mg, Epicatechin: 12.93mg, Epicatechin: 12.93mg, Epicatechin: 12.93mg Epicatechin 3–gallate:
0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg,
Epigallocatechin 3–gallate: 0.28mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin:
0.28mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.06mg, Apigenin:
0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg
Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.25mg,
Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin:
0.19mg, Myricetin: 0.19mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg
Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 346.48kcal (17.32%), Fat: 4.47g (6.88%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 71.86g (23.95%),
Net Carbohydrates: 68.28g (24.83%), Sugar: 66g (73.34%), Cholesterol: 12.71mg (4.24%), Sodium: 7.57mg (0.33%),
Alcohol: 4.77g (100%), Alcohol %: 2.24% (100%), Protein: 0.74g (1.48%), Fiber: 3.58g (14.3%), Vitamin C: 6.92mg
(8.39%), Potassium: 228.27mg (6.52%), Manganese: 0.11mg (5.68%), Vitamin A: 246.74IU (4.93%), Vitamin B2:
0.08mg (4.9%), Vitamin B6: 0.09mg (4.53%), Vitamin K: 3.82µg (3.64%), Magnesium: 13.79mg (3.45%), Phosphorus:
33.26mg (3.33%), Copper: 0.05mg (2.61%), Vitamin E: 0.37mg (2.48%), Iron: 0.42mg (2.34%), Calcium: 20.91mg
(2.09%), Vitamin B1: 0.03mg (1.99%), Folate: 5.37µg (1.34%), Vitamin B5: 0.13mg (1.33%), Vitamin B3: 0.24mg
(1.22%), Vitamin D: 0.18µg (1.2%), Zinc: 0.16mg (1.04%), Selenium: 0.73µg (1.04%)