



## Rocky Road Caramel Apples

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



751 kcal

DESSERT

### Ingredients

- ☐ 14 ounce individually wrapped caramels
- ☐ 6 wooden sticks
- ☐ 6 granny smith apples
- ☐ 1.5 cups marshmallows miniature
- ☐ 1.5 cups pecans toasted chopped
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

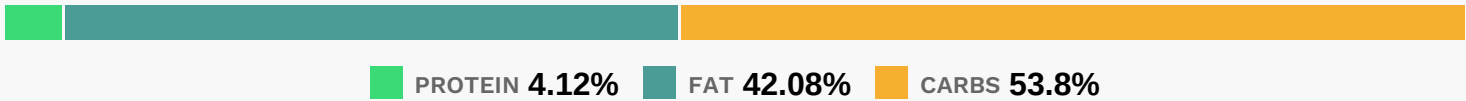
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ microwave

# Directions

- ☐ Insert wooden sticks 3/4 of the way into the stem end of each apple.
- ☐ Place apples on a cookie sheet covered with lightly greased aluminum foil.
- ☐ Combine caramels and water in a saucepan over low heat. Cook, stirring often, until caramel melts and is smooth. Stir in the vanilla. Dip each apple into the caramel and gently run apples around insides of saucepan to scrape off some of the caramel. Scrape excess caramel from the apple bottoms using the side of the saucepan.
- ☐ Combine the miniature marshmallows and pecans on a dinner plate.
- ☐ Roll the apples in the mixture to coat.
- ☐ Place on the aluminum foil and chill.
- ☐ Put the chocolate chips in a microwave-safe bowl. Cook in the microwave for 30 second intervals, stirring between each, until melted and smooth.
- ☐ Drizzle over the apples and return them to the refrigerator until ready to serve.

# Nutrition Facts



# Properties

Glycemic Index:33.25, Glycemic Load:46.02, Inflammation Score:-6, Nutrition Score:16.606086762055%

# Flavonoids

Cyanidin: 5.78mg, Cyanidin: 5.78mg, Cyanidin: 5.78mg, Cyanidin: 5.78mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg

Catechin: 4.34mg, Catechin: 4.34mg, Catechin: 4.34mg, Catechin: 4.34mg Epigallocatechin: 2.01mg, Epigallocatechin: 2.01mg, Epigallocatechin: 2.01mg, Epigallocatechin: 2.01mg Epicatechin: 13.93mg, Epicatechin: 13.93mg, Epicatechin: 13.93mg, Epicatechin: 13.93mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.97mg, Epigallocatechin 3–gallate: 0.97mg, Epigallocatechin 3–gallate: 0.97mg, Epigallocatechin 3–gallate: 0.97mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 750.6kcal (37.53%), Fat: 36.81g (56.63%), Saturated Fat: 9.99g (62.46%), Carbohydrates: 105.89g (35.3%), Net Carbohydrates: 96.43g (35.06%), Sugar: 81.65g (90.72%), Cholesterol: 6.43mg (2.14%), Sodium: 180.36mg (7.84%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Caffeine: 25.8mg (8.6%), Protein: 8.1g (16.21%), Manganese: 1.7mg (85.03%), Copper: 0.78mg (38.85%), Fiber: 9.46g (37.84%), Magnesium: 106.9mg (26.72%), Phosphorus: 250.89mg (25.09%), Vitamin B1: 0.29mg (19.3%), Potassium: 629.64mg (17.99%), Iron: 2.93mg (16.3%), Zinc: 2.4mg (16.03%), Vitamin B2: 0.27mg (15.85%), Calcium: 142.04mg (14.2%), Vitamin C: 9.06mg (10.98%), Vitamin B6: 0.18mg (9.13%), Vitamin K: 9.48µg (9.03%), Vitamin B5: 0.86mg (8.57%), Vitamin E: 1.2mg (8.01%), Selenium: 4.97µg (7.11%), Vitamin B3: 0.86mg (4.29%), Vitamin B12: 0.25µg (4.21%), Folate: 15.67µg (3.92%), Vitamin A: 174.28IU (3.49%)