



Shiny Red Candy Apples

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 10 granny smith apples
- ☐ 10 servings ice water
- ☐ 0.3 cup cinnamon candies red
- ☐ 0.5 teaspoon food coloring red
- ☐ 4 cups sugar
- ☐ 0.3 cup water boiling
- ☐ 0.3 cup vinegar white

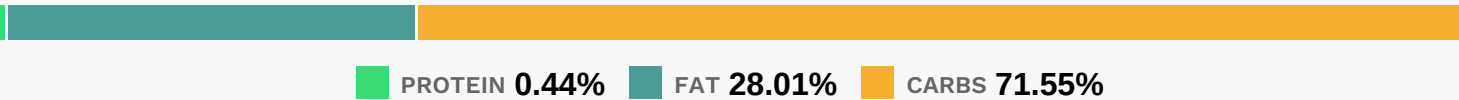
Equipment

- ☐ sauce pan
- ☐ baking pan
- ☐ candy thermometer

Directions

- ☐ Combine sugar, butter, vinegar, boiling water and food coloring in a large heavy metal saucepan.
- ☐ Cook over low heat until sugar dissolves. Increase heat to medium-high; boil without stirring about 10 minutes, until mixture reaches the hard-crack stage, or 290 to 310 on a candy thermometer.
- ☐ Remove from heat; stir in cinnamon candies and let stand until bubbles subside.
- ☐ Insert sticks into apples. Dip apples into mixture; swirl to coat and dip into ice water to harden candy coating.
- ☐ Place on a lightly buttered baking pan until set. Store in a cool, dry place.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:62.5, Inflammation Score:-4, Nutrition Score:3.9926086586455%

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 Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 582.43kcal (29.12%), Fat: 18.98g (29.19%), Saturated Fat: 11.72g (73.24%), Carbohydrates: 109.05g (36.35%), Net Carbohydrates: 104.68g (38.07%), Sugar: 102.49g (113.88%), Cholesterol: 48.81mg (16.27%), Sodium: 160.83mg (6.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Fiber: 4.37g (17.47%), Vitamin A: 665.55IU (13.31%), Vitamin C: 8.37mg (10.15%), Potassium: 201.92mg (5.77%), Vitamin E: 0.85mg (5.69%), Vitamin K: 5.59µg (5.33%), Copper: 0.09mg (4.7%), Vitamin B2: 0.07mg (4.13%), Vitamin B6: 0.08mg (3.77%), Manganese: 0.07mg (3.52%), Magnesium: 12.04mg (3.01%), Phosphorus: 25.72mg (2.57%), Calcium: 24.83mg (2.48%), Vitamin B1: 0.03mg (2.14%), Folate: 6.14µg (1.54%), Iron: 0.26mg (1.47%), Vitamin B5: 0.14mg (1.36%), Selenium: 0.74µg (1.06%)