



S'more Caramel Apples

READY IN



95 min.

SERVINGS



5

CALORIES



496 kcal

DESSERT

Ingredients

- 1.5 lb apples chilled well
- 2 oz baker's chocolate white
- 11 oz caramels kraft
- 5 graham cracker squares coarsely chopped
- 2 cups marshmallows jet-puffed miniature
- 1 oz baker's semi-sweet chocolate
- 2 Tbsp water

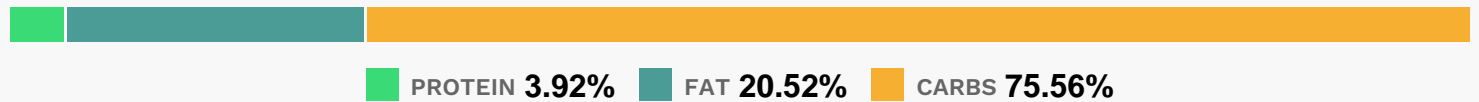
Equipment

- 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 on prepared plate. Refrigerate 15 min.
- Melt white chocolate with semi-sweet chocolate as directed on package; mix well.
- Pour over marshmallows in microwaveable bowl; toss to evenly coat. Microwave on HIGH 15 to 20 sec. or just until marshmallows start to puff. Swirl gently with spoon to marbleize. Immediately spread onto apples. Carefully press graham pieces into marshmallow mixture. Return to prepared plate.
- 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:60.3, Glycemic Load:54.46, Inflammation Score:-3, Nutrition Score:6.5843478078428%

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: 496.24kcal (24.81%), Fat: 11.84g (18.21%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 98.08g (32.69%),
Net Carbohydrates: 94.08g (34.21%), Sugar: 76.91g (85.45%), Cholesterol: 7.09mg (2.36%), Sodium: 227.37mg
(9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 5.08g (10.17%), Fiber: 4g
(16%), Vitamin B2: 0.25mg (14.52%), Phosphorus: 136.51mg (13.65%), Calcium: 126.63mg (12.66%), Potassium:
357.04mg (10.2%), Magnesium: 33.34mg (8.33%), Vitamin C: 6.57mg (7.96%), Vitamin B1: 0.11mg (7.5%), Copper:
0.15mg (7.4%), Manganese: 0.13mg (6.61%), Vitamin B5: 0.56mg (5.57%), Iron: 0.97mg (5.4%), Vitamin B6: 0.11mg
(5.33%), Vitamin K: 5.56µg (5.29%), Zinc: 0.71mg (4.72%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.26µg (4.35%),
Selenium: 2.45µg (3.5%), Vitamin B3: 0.63mg (3.14%), Folate: 10.79µg (2.7%), Vitamin A: 105.91IU (2.12%)