



WHATSheATE



Sorghum Caramel Apples



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



875 kcal

DESSERT

Ingredients

- ☐ 2 cups brown sugar packed
- ☐ 0.5 cup butter (1 stick)
- ☐ 2 cups burned peanuts chopped (burned peanuts are peanuts that are burned on just one side in a skillet)
- ☐ 8 pink lady apples fine (any apples are , but I like these the best)
- ☐ 4 cups popped popcorn roughly chopped
- ☐ 1 cup sorghum syrup
- ☐ 14 ounce condensed milk sweetened canned

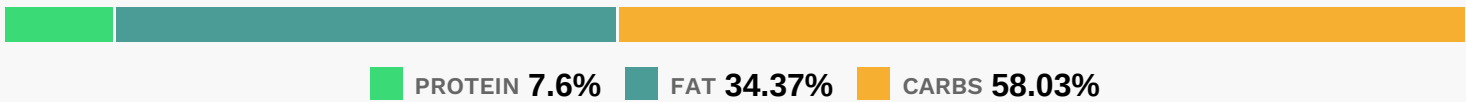
Equipment

- ☐ sauce pan
- ☐ wax paper
- ☐ skewers
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 8 craft sticks or short, thick skewers
- ☐ Fill a glass with ice water and set aside.
- ☐ Combine the brown sugar, sorghum and butter in a saucepan and heat on medium until the butter melts, 3 to 5 minutes. Stir in the sweetened condensed milk, bring to a simmer and cook about 1 minute. Lower the heat and continue to cook, stirring constantly, until a soft ball forms when the caramel is dropped in the glass of ice water, or the temperature reads 240 degrees F on a candy thermometer, about 20 minutes.
- ☐ Let the mixture stand for 5 minutes before dipping the apples.
- ☐ Skewer each apple through the core with a craft stick. Holding an apple by the stick, dip it in the caramel and roll to coat; allow the excess caramel to drip off. Dip in the popcorn or the burned peanuts and place on a sheet of wax paper to cool. Repeat with the remaining apples.

Nutrition Facts



Properties

Glycemic Index:27.95, Glycemic Load:25.75, Inflammation Score:-7, Nutrition Score:19.341304600239%

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 Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 875.31kcal (43.77%), Fat: 35.28g (54.27%), Saturated Fat: 13g (81.23%), Carbohydrates: 134.04g (44.68%), Net Carbohydrates: 123.89g (45.05%), Sugar: 99.32g (110.36%), Cholesterol: 47.37mg (15.79%), Sodium: 181.36mg (7.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.11%), Manganese: 1.13mg (56.33%), Fiber: 10.15g (40.58%), Phosphorus: 381.33mg (38.13%), Vitamin B3: 6.98mg (34.89%), Magnesium: 103.77mg (25.94%), Vitamin B1: 0.39mg (25.68%), Folate: 101.2µg (25.3%), Calcium: 246.67mg (24.67%), Potassium: 829.01mg (23.69%), Copper: 0.43mg (21.27%), Vitamin B2: 0.35mg (20.38%), Iron: 3.36mg (18.69%), Selenium: 10.77µg (15.39%), Vitamin B6: 0.26mg (12.93%), Vitamin B5: 1.25mg (12.45%), Vitamin A: 596.07IU (11.92%), Vitamin C: 9.66mg (11.71%), Zinc: 1.51mg (10.08%), Vitamin K: 5.36µg (5.11%), Vitamin E: 0.75mg (5.01%), Vitamin B12: 0.24µg (4.04%)