



Sticky-Sweet Caramel Apples

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



554 kcal

DESSERT

Ingredients

- ☐ 4 apples
- ☐ 14 ounce individually wrapped caramels
- ☐ 4 celery stalks
- ☐ 4 servings m&m candies mini chopped
- ☐ 2 tablespoons milk

Equipment

- ☐ bowl
- ☐ wax paper

☐ microwave

Directions

- ☐ Insert sticks into apples; set aside.
- ☐ Combine caramels and milk in a microwave-safe bowl. Microwave on high setting, uncovered for 2 minutes, stirring once. Allow to cool briefly.
- ☐ Roll each apple quickly in caramel, turning to coat. Set apples to dry on lightly greased wax paper. When partially set, roll in toppings, if desired.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:56.45, Inflammation Score:-3, Nutrition Score:7.2508696032607%

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 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: 554.03kcal (27.7%), Fat: 12.1g (18.61%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 112.25g (37.42%), Net Carbohydrates: 107.41g (39.06%), Sugar: 93.71g (104.13%), Cholesterol: 10.1mg (3.37%), Sodium: 261.17mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Fiber: 4.84g (19.35%), Vitamin B2: 0.31mg (18.47%), Calcium: 176.07mg (17.61%), Phosphorus: 141.67mg (14.17%), Potassium: 428.73mg (12.25%), Vitamin C: 8.98mg (10.89%), Vitamin B1: 0.14mg (9.21%), Vitamin B5: 0.76mg (7.64%), Vitamin B6: 0.14mg (6.89%), Magnesium: 27.31mg (6.83%), Vitamin K: 6.98µg (6.65%), Vitamin B12: 0.34µg (5.64%), Vitamin E: 0.8mg (5.32%), Vitamin A: 203.66IU (4.07%), Manganese: 0.08mg (3.95%), Zinc: 0.55mg (3.64%), Copper: 0.07mg (3.42%), Iron: 0.55mg (3.05%), Selenium: 1.94µg (2.78%), Folate: 10.87µg (2.72%), Vitamin B3: 0.33mg (1.67%)