



Toffee Candy Apples

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 1.5 cups brown sugar dark packed
- ☐ 0.3 cup plus dark
- ☐ 8 granny smith apples
- ☐ 2 tablespoons butter
- ☐ 0.3 cup water
- ☐ 1 tablespoon vinegar white

Equipment

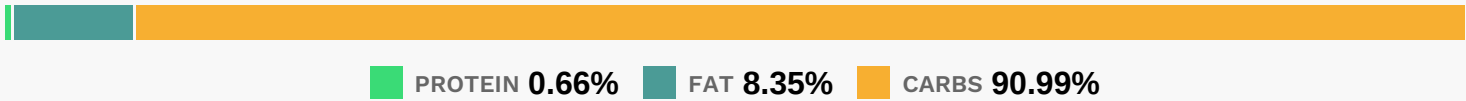
- ☐ frying pan

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

Directions

- ☐ Wash and dry apples; remove stems. Insert wooden sticks into the stem end of each apple; set aside.
- ☐ Line a baking sheet with foil.
- ☐ Combine sugar and remaining ingredients in a medium saucepan. Bring to a boil over medium heat; cover and cook 3 minutes. Uncover and continue cooking, without stirring, until mixture reaches 280 (about 8 minutes).
- ☐ Remove from heat. Quickly dip apples in sugar mixture; allow excess to drip off.
- ☐ Place apples, stick sides up, on prepared pan; cool completely.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:16.56, Inflammation Score:-3, Nutrition Score:3.7117390967906%

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: 317.55kcal (15.88%), Fat: 3.13g (4.81%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 76.64g (25.55%), Net Carbohydrates: 72.27g (26.28%), Sugar: 69.97g (77.74%), Cholesterol: 0mg (0%), Sodium: 68.93mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Fiber: 4.37g (17.47%), Vitamin C: 8.38mg (10.16%),

Potassium: 257.36mg (7.35%), Manganese: 0.11mg (5.27%), Calcium: 49.18mg (4.92%), Vitamin B6: 0.09mg (4.66%), Vitamin A: 223.48IU (4.47%), Copper: 0.08mg (3.89%), Vitamin K: 4µg (3.81%), Magnesium: 14.17mg (3.54%), Iron: 0.56mg (3.14%), Vitamin B2: 0.05mg (2.93%), Vitamin E: 0.44mg (2.91%), Phosphorus: 24.12mg (2.41%), Vitamin B1: 0.03mg (2.19%), Vitamin B5: 0.17mg (1.72%), Folate: 5.91µg (1.48%), Selenium: 0.92µg (1.31%), Vitamin B3: 0.21mg (1.07%)