



Ultimate Caramel Apples

 **Gluten Free**

READY IN



70 min.

SERVINGS



6

CALORIES



696 kcal

DESSERT

Ingredients

- 3 ounces baker's chocolate white chopped
- 1 pinch baking soda
- 0.3 cup butter cubed
- 1 cup plus light
- 0.3 cup cup heavy whipping cream
- 0.5 cup pistachios divided shelled chopped
- 6 medium delicious apples red
- 3 ounces bittersweet chocolate chopped

- 1 cup sugar
- 0.3 cup water

Equipment

- frying pan
- baking sheet
- sauce pan
- ziploc bags
- microwave
- popsicle sticks
- candy thermometer

Directions

- Line a baking sheet with waxed paper and grease the paper; set aside. Wash and thoroughly dry apples. Insert a Popsicle stick into each; place on prepared pan. Chill.
- In a large heavy saucepan, combine the sugar, corn syrup and water; bring to a boil over medium heat, stirring occasionally. Stir in baking soda. Stir in butter until melted; gradually add cream, stirring constantly. Cook and stir until a candy thermometer reads 242° (firm-ball stage).
- Remove from heat and cool to 200°.
- Place 1/4 cup pistachios in a shallow dish. Dip apples into caramel mixture until completely coated, then dip the bottom of each in pistachios. Return to baking sheet; chill.
- In a microwave, melt white chocolate; stir until smooth.
- Transfer to a small heavy-duty resealable plastic bag; cut a small hole in a corner of bag.
- Drizzle over apples. Repeat with semisweet chocolate.
- Sprinkle tops with remaining pistachios if desired. Chill until set.

Nutrition Facts



PROTEIN 2.98% FAT 35% CARBS 62.02%

Properties

Glycemic Index:31.52, Glycemic Load:38.52, Inflammation Score:-7, Nutrition Score:13.43086979441%

Flavonoids

Cyanidin: 3.61mg, Cyanidin: 3.61mg, Cyanidin: 3.61mg, Cyanidin: 3.61mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 11.85mg, Catechin: 11.85mg, Catechin: 11.85mg, Catechin: 11.85mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 33.89mg, Epicatechin: 33.89mg, Epicatechin: 33.89mg, Epicatechin: 33.89mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg 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: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 696.04kcal (34.8%), Fat: 29.28g (45.04%), Saturated Fat: 15.47g (96.7%), Carbohydrates: 116.73g (38.91%), Net Carbohydrates: 107.82g (39.21%), Sugar: 102.26g (113.62%), Cholesterol: 32.39mg (10.8%), Sodium: 151.9mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.53mg (7.84%), Protein: 5.61g (11.22%), Manganese: 0.97mg (48.33%), Copper: 0.82mg (41.13%), Fiber: 8.91g (35.64%), Magnesium: 94.35mg (23.59%), Iron: 4.01mg (22.28%), Phosphorus: 171.82mg (17.18%), Zinc: 2.33mg (15.5%), Potassium: 510.75mg (14.59%), Vitamin B6: 0.26mg (13.06%), Vitamin B1: 0.18mg (12.1%), Vitamin C: 9.01mg (10.92%), Vitamin A: 530.04IU (10.6%), Vitamin K: 7.38µg (7.03%), Vitamin E: 1.01mg (6.76%), Vitamin B2: 0.11mg (6.65%), Calcium: 61.62mg (6.16%), Selenium: 4.05µg (5.78%), Folate: 15.34µg (3.83%), Vitamin B3: 0.62mg (3.1%), Vitamin B5: 0.27mg (2.66%), Vitamin D: 0.16µg (1.06%)