
Chocolate-Dipped Apple Rings

Audrey Morgan

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8 ounces semisweet chocolate

1 teaspoon shortening

dried apple rings

Finely chop the semisweet chocolate. Place three-quarters of the chocolate and the shortening in a microsafe bowl. Microwave in 30 second intervals, stirring, until melted. Stir in the remaining chocolate until smooth.

Dip the apple rings into the chocolate, covering one-half of the apple ring. Place the rings on a parchment-lined baking sheet coated with cooking spray. Chill until set.

Dessert

Per Serving (excluding unknown items): 1120 Calories; 72g Fat (51.2% calories from fat); 10g Protein; 144g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 14 1/2 Fat; 9 1/2 Other Carbohydrates.