

Caramel Apples II

Elizabethh Pisarczyk

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

6 medium red apples

1 cup sugar

3/4 cup dark corn syrup

1 cup light cream

2 tablespoons butter

1 teaspoon vanilla

6 wooden skewers

chopped nuts (for garnish)

(optional)

Stick the wooden skewers into the stem end of the apples.

In a saucepan, combine the sugar, corn syrup, cream and butter. Cook over low heat until the sugar dissolves. Cook to very hard ball stage (260 degrees) without stirring.

Remove from the heat. Add the vanilla.

Dip the apples into the syrup. If desired, roll in chopped nuts.

Place upright on a well greased cookie sheet to cool.

Per Serving (excluding unknown items): 440 Calories; 12g Fat (23.4% calories from fat); 1g Protein; 87g Carbohydrate; 4 Dietary Fiber; 37mg Cholesterol; 119mg Sodium. Exchanges: Fruit; 2 1/2 Fat; 4 1/2 Other Carbohydrates.