

Caramel Apple Salad

Recipe provided by DCI

Portions: 10 **Serving size:** 1/2 cup

Ingredients

- 3 cups Granny Smith apples
- 8 ounces canned crushed pineapple, packed in juice
- 8 ounces whipped topping
- 1/2 cup butterscotch dessert topping
- 1/3 cup unsalted peanuts (32 mg potassium and 17 mg phosphorus per serving.)
- 1/4 cup butterscotch baking chips

Preparation

1. Wash and core apples, but do not peel. Cut apples into approximately 1" cubes. Thaw whipped topping.
2. Mix crushed pineapple (including juice) with diced apples.
3. In a separate large bowl, combine thawed non-dairy topping with butterscotch flavored dessert topping until evenly distributed.
4. Stir apple/pineapple mixture into the non-dairy topping mixture.
5. Add butterscotch chips and unsalted peanuts to mixture.
6. Stir and serve.

Helpful hints

- Approximately 2 medium apples yields 3 cups.
- Make ahead and refrigerate but leave out the peanuts until ready to serve.
- Peanuts are optional. If included, be sure to use unsalted peanuts; salted peanuts will affect the consistency of the salad. The 1/3 cup of peanuts contributes 32 mg potassium and 17 mg phosphorus per serving.

Nutrients per serving **Calories** 196, **Protein** 1 g, **Carbohydrates** 30 g, **Fat** 8 g, **Cholesterol** 0 mg, **Sodium** 37 mg, **Potassium** 105 mg, **Phosphorus** 47 mg, **Calcium** 13 mg, **Fiber** 1.3 g