



## Amaretto Sauce for Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



671 kcal

BEVERAGE

DRINK

### Ingredients



1 cup amaretto



2 cups brown sugar



0.5 pound butter

### Equipment

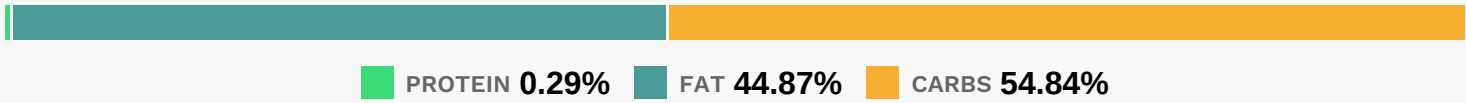


sauce pan

### Directions

Melt butter in a saucepan over medium heat; stir brown sugar and amaretto into melted butter. Cook and stir butter mixture until sugar dissolves completely and mixture comes to a boil, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:8.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:2.54043477061%

## Nutrients (% of daily need)

Calories: 670.83kcal (33.54%), Fat: 30.77g (47.34%), Saturated Fat: 19.47g (121.69%), Carbohydrates: 84.63g (28.21%), Net Carbohydrates: 84.63g (30.77%), Sugar: 83.82g (93.13%), Cholesterol: 81.27mg (27.09%), Sodium: 266.73mg (11.6%), Alcohol: 10.23g (100%), Alcohol %: 8.61% (100%), Caffeine: 10.23mg (3.41%), Protein: 0.45g (0.9%), Vitamin A: 944.61IU (18.89%), Calcium: 70.33mg (7.03%), Vitamin E: 0.88mg (5.85%), Potassium: 118.41mg (3.38%), Iron: 0.55mg (3.07%), Manganese: 0.05mg (2.68%), Vitamin K: 2.65µg (2.52%), Copper: 0.05mg (2.51%), Magnesium: 8.54mg (2.13%), Selenium: 1.38µg (1.97%), Vitamin B6: 0.03mg (1.56%), Phosphorus: 14.37mg (1.44%), Vitamin B5: 0.14mg (1.38%), Vitamin B12: 0.06µg (1.07%), Vitamin B2: 0.02mg (1.03%)