



Apple Cider Caramel Sauce



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



25

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 0.3 cup whipping cream

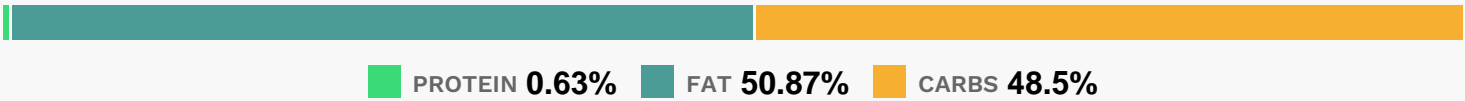
Equipment

- ☐ sauce pan
- ☐ microwave

Directions

- ☐
- Cook cider in a 3–qt. saucepan over medium heat, stirring often, 10 minutes or until reduced to 1/4 cup. Stir in remaining ingredients. Bring to a boil over medium–high heat, stirring constantly; boil, stirring constantly, 2 minutes.
- ☐
- Remove from heat, and cool completely. Refrigerate up to 1 week. To reheat, microwave at HIGH 10 to 15 seconds or just until warm; stir until smooth.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:0.45652174334163%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.43kcal (3.92%), Fat: 4.55g (7.01%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.75g (3.55%), Sugar: 9.52g (10.57%), Cholesterol: 12.45mg (4.15%), Sodium: 32.68mg (1.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%), Vitamin A: 148.54IU (2.97%), Calcium: 10.72mg (1.07%)