

DESSERT

Balsamic-Caramel Sauce over Vanilla Ice Cream

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	8	\$0.86	573 kcal



Balsamic-Caramel Sauce over Vanillan Ice Cream is a gluten free dessert. For 86 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. This recipe serves 8. One serving contains 573 calories, 7g of protein, and 30g of fat.

Ingredients

☐ 4 tablespoons balsamic vinegar

☐ 1 cup heavy cream

☐ ½ teaspoon salt

☐ 2 tablespoons water, plus more for brushing

☐ 1 cup granulated sugar

☐ 1 lemon, juiced

☐ 1½ quarts vanilla ice cream

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Microwave, Pastry brush

Method

- 1 Bring cream just to a boil in a small saucepan over high heat. Reduce the heat to low and keep the cream warm.
- 2 In a large high-sided saucepan over medium-high heat, dissolve the sugar with 2 tablespoons of water. As the sugar mixture begins to bubble, watch for crystals developing on the inside of the pan just above the liquid. Using a pastry brush dipped in water, brush the inside of the pan right above the crystals so the water drips down and dissolves the crystals back into the liquid. When the sugar begins to brown, occasionally move the pan to swirl the liquid gently and cook it evenly. Continue to cook until the mixture is dark golden brown. The total cooking time will be 8 to 9 minutes.
- 3 Remove the pan from the heat.
- 4 Very carefully add the hot cream to the sugar mixture a few tablespoons at a time. The liquid will bubble up dramatically. Stir the sauce and cook for 1 minute.
- 5 Add the vinegar, lemon juice and 1/2 teaspoon salt, mix well.
- 6 Pour into a heatproof bowl. You should have about 1 1/4 cups of sauce. The sauce can be made several weeks ahead, covered with plastic, and stored either at room temperature or in the refrigerator. If refrigerated, warm in a microwave oven before using.
- 7 Serve on top of vanilla ice cream.

Nutrition per serving

573	7 g	30 g	69 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			18.9 g · 118% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			64.7 g · 72% of daily needs
Sodium			298 mg · 13% of daily needs
Cholesterol			112 mg · 37% of daily needs
Vitamin C			2.7 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/balsamic-caramel-sauce-over-vanilla-ice-cream-142849