



Beer-Pretzel Caramels

 Vegetarian

READY IN



75 min.

SERVINGS



50

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce brown ale
- 0.3 cup plus light
- 1.3 cups brown sugar dark packed
- 1 cup heavy cream
- 1.5 cups coarsely pretzels crushed thin
- 2 tablespoons butter unsalted plus more for the dish

Equipment

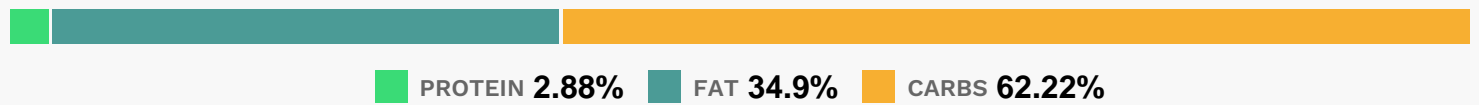
- sauce pan

- baking pan
- candy thermometer

Directions

- Pour the beer into a glass; let sit until flat, about 1 hour.
- Butter an 8-inch-square baking dish. Bring half of the beer to a boil in a small saucepan over medium heat; cook until reduced to 2 teaspoons, about 10 minutes.
- Meanwhile, combine the remaining beer, the brown sugar, corn syrup, cream and butter in a large saucepan. Bring to a boil over medium-high heat and cook, stirring occasionally, until a candy thermometer registers 235 degrees F, 10 to 12 minutes.
- Remove from the heat and stir in the beer syrup and pretzels.
- Spread in the prepared dish and chill until firm, 45 minutes to 1 hour.
- Cut into pieces.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:1.88, Inflammation Score:-1, Nutrition Score:0.62478260857903%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 58.07kcal (2.9%), Fat: 2.25g (3.46%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.93g (3.25%), Sugar: 6.84g (7.6%), Cholesterol: 6.58mg (2.19%), Sodium: 33.98mg (1.48%), Alcohol: 0.27g (100%), Alcohol %: 1.55% (100%), Protein: 0.42g (0.84%), Vitamin A: 83.97IU (1.68%), Manganese: 0.03mg (1.33%), Folate: 5.01µg (1.25%), Vitamin B2: 0.02mg (1.11%)