



Bourbon Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



31 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons light-colored corn syrup
- ☐ 0.3 cup half-and-half fat-free
- ☐ 0.3 cup evaporated milk low-fat
- ☐ 1.5 cups sugar
- ☐ 0.7 cup water

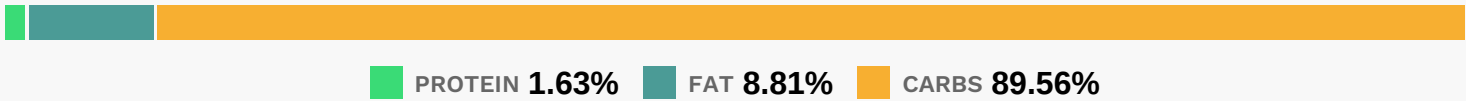
Equipment

- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Sprinkle sugar in an even layer in a large, heavy saucepan.
- ☐ Combine 2/3 cup water and syrup; pour over sugar. Cook over medium-high heat until sugar dissolves (about 4 minutes), stirring gently. Cook an additional 20 minutes or until golden (do not stir).
- ☐ Remove from heat. Gradually stir in milk, half-and-half, and butter using a long-handled wooden spoon (mixture will bubble vigorously). Cook over low heat until mixture is smooth, stirring constantly.
- ☐ Remove from heat. Stir in bourbon.
- ☐ Serve warm. (
- ☐ Mixture thickens as it cools.)

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:4.42, Inflammation Score:0, Nutrition Score:0.070434782735032%

Nutrients (% of daily need)

Calories: 31.33kcal (1.57%), Fat: 0.3g (0.46%), Saturated Fat: 0.16g (1%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.79g (2.47%), Sugar: 6.75g (7.5%), Cholesterol: 0.92mg (0.31%), Sodium: 5.16mg (0.22%), Alcohol: 0.31g (100%), Alcohol %: 2.89% (100%), Protein: 0.12g (0.25%)