



Bourbon-Sea Salt Caramels

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 0.5 cup plus light
- ☐ 0.5 teaspoon kosher salt
- ☐ 100 servings sea salt (such as Maldon)
- ☐ 2 cups sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.5 cup butter unsalted cut into small pieces (1 stick)

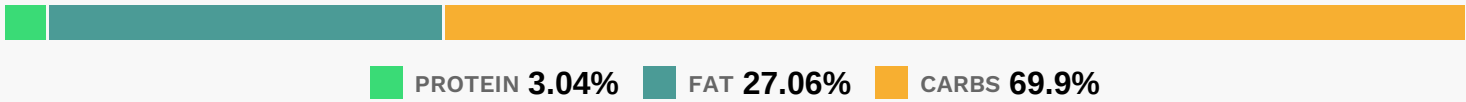
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Lightly coat an 8x8" baking pan with nonstick spray and line with parchment paper, leaving a 2" overhang on 2 sides; spray parchment.
- ☐ Bring sugar, corn syrup, and 1/2 cup water to a boil in a medium saucepan over medium-high heat, stirring to dissolve sugar. Cook, swirling pan occasionally, until mixture returns a deep amber color, 8–10 minutes.
- ☐ Remove pan from heat and whisk in sweetened condensed milk and butter (mixture will bubble vigorously) until smooth. Fit pan with thermometer and return to medium-low heat. Cook, whisking constantly, until thermometer registers 240°F.
- ☐ Remove from heat and whisk in bourbon and kosher salt.
- ☐ Pour into prepared pan; let cool.
- ☐ Sprinkle caramel with sea salt, cut into 3/4" pieces, and wrap individually in parchment paper.
- ☐ DO AHEAD: Caramels can be made 2 weeks ahead. Store wrapped tightly in plastic in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.65, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:0.34565217388065%

Nutrients (% of daily need)

Calories: 41.8kcal (2.09%), Fat: 1.28g (1.97%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 7.45g (2.71%), Sugar: 7.46g (8.29%), Cholesterol: 3.79mg (1.26%), Sodium: 211.68mg (9.2%), Alcohol: 0.1g (100%), Alcohol %: 1.09% (100%), Protein: 0.32g (0.65%), Calcium: 11.93mg (1.19%), Vitamin B2: 0.02mg (1.04%),

Phosphorus: 10.33mg (1.03%)