



Butter Rum Caramels

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



64

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup rum dark
- ☐ 1 cup cup heavy whipping cream
- ☐ 14 oz brown sugar light packed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 teaspoon vanilla
- ☐ 64 servings vegetable oil for greasing

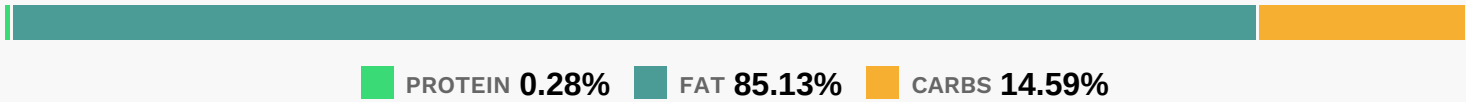
Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Line bottom and sides of an 8-inch square baking pan with parchment paper and oil parchment.
- ☐ Bring brown sugar, cream, butter, salt, and 1/4 cup rum to a boil in a 3- to 4-quart heavy saucepan, stirring until butter is melted, then boil over moderate heat, stirring frequently, until thermometer registers 248°F (firm-ball stage), about 15 minutes.
- ☐ Remove from heat and stir in vanilla and remaining teaspoon rum.
- ☐ Pour into baking pan and cool completely until firm, 1 to 2 hours. Invert caramel onto a cutting board, then discard parchment and turn caramel glossy side up.
- ☐ Cut into 1-inch squares.
- ☐ Caramels keep, layered between parchment, in an airtight container 1 week.

Nutrition Facts



Properties

Glycemic Index:0.23, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6730434992553%

Nutrients (% of daily need)

Calories: 168.54kcal (8.43%), Fat: 16.06g (24.71%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 6.19g (2.25%), Sugar: 6.13g (6.81%), Cholesterol: 6.11mg (2.04%), Sodium: 11.93mg (0.52%), Alcohol: 0.32g (100%), Alcohol %: 1.57% (100%), Protein: 0.12g (0.24%), Vitamin K: 25.93µg (24.69%), Vitamin E: 1.2mg (8%), Vitamin A: 76.82IU (1.54%)