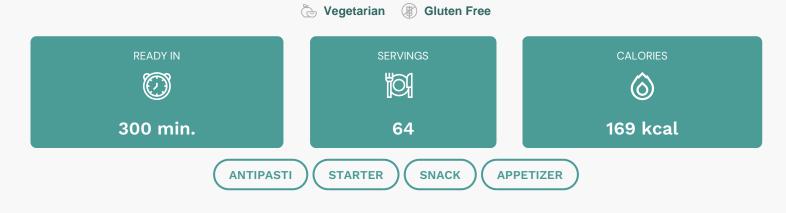


# **Butter Rum Caramels**



# **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	
Di	rections	
	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	
	0.000/ - 05.400/ - 44.500/	
PROTEIN 0.28% FAT 85.13% CARBS 14.59%		

### **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%)