



Buttermilk-Bourbon Caramel Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



5

CALORIES



366 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 1 tablespoon butter
- ☐ 0.3 cup buttermilk
- ☐ 1 tablespoon plus light
- ☐ 0.5 cup heavy cream
- ☐ 1.5 cups sugar

Equipment

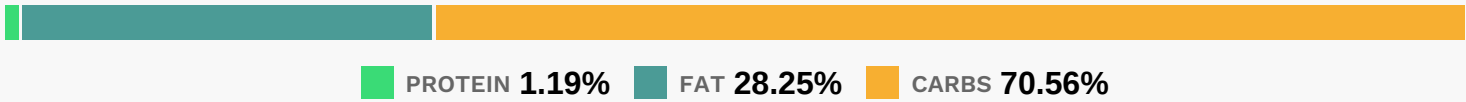
- ☐ frying pan

- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Pour sugar into a heavy 5–quart saucepan. Stir in 1/4 cup water and corn syrup. Bring mixture to a boil over medium heat; cook without stirring for 15 to 18 minutes, or until mixture turns golden. Reduce heat to low and swirl mixture around pan until it turns golden amber in color.
- ☐ Slowly add cream and buttermilk, stirring constantly with a long wooden spoon (be careful, mixture will bubble up). Stir in butter.
- ☐ Remove from heat and stir in bourbon. If caramel begins to clump and harden, return to low heat and stir until smooth.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:42.71, Inflammation Score:-2, Nutrition Score:1.5921739190817%

Nutrients (% of daily need)

Calories: 365.75kcal (18.29%), Fat: 11.46g (17.63%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 64.4g (21.47%), Net Carbohydrates: 64.4g (23.42%), Sugar: 64.54g (71.71%), Cholesterol: 34.23mg (11.41%), Sodium: 40.42mg (1.76%), Alcohol: 2g (100%), Alcohol %: 2.33% (100%), Protein: 1.08g (2.17%), Vitamin A: 439.63IU (8.79%), Vitamin B2: 0.08mg (4.59%), Vitamin D: 0.54µg (3.58%), Calcium: 31.35mg (3.14%), Phosphorus: 24.92mg (2.49%), Selenium: 1.58µg (2.25%), Vitamin E: 0.29mg (1.95%), Vitamin B12: 0.1µg (1.63%), Potassium: 40.85mg (1.17%), Vitamin B5: 0.11mg (1.09%)