

Cajeta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



626 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon baking soda dissolved in 1 tablespoon water
- 2 cups yogurt
- 2 cups sugar
- 0.1 teaspoon vanilla extract pure

Equipment

- frying pan
- sauce pan
- wooden spoon

Directions

- In a large, heavy-bottom saucepan, combine the milk, sugar, and vanilla and place over medium heat. Bring to a simmer, stirring constantly with a wooden spoon to dissolve the sugar.
- Remove the pan from the heat and stir in the dissolved baking soda. When the bubbling stops, return the pan to the heat, bring back to a simmer, and cook, stirring often, for 1 hour, or until the mixture starts to thicken and turn golden. At this point the cajeta will start to thicken fast, so don't leave the pan unattended. Continue to cook, stirring constantly so it doesn't burn or stick to the bottom of the pan, for another 20 minutes, or until the cajeta is a rich brown color and thick enough to coat the back of the spoon. It should cool to a medium-thick caramel consistency. If it's too thick, add a small amount of water; if it's too thin, continue to cook until thickened.
- Transfer to a container, let cool, then cover and refrigerate until ready to use. Warm slightly before serving. It will keep for about 1 month in the refrigerator.
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Nutrition Facts

 **PROTEIN 3.58%**  **FAT 9.95%**  **CARBS 86.47%**

Properties

Glycemic Index:23.36, Glycemic Load:93.08, Inflammation Score:-2, Nutrition Score:5.5369565305503%

Nutrients (% of daily need)

Calories: 626.05kcal (31.3%), Fat: 7.16g (11.02%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 140.06g (46.69%), Net Carbohydrates: 140.06g (50.93%), Sugar: 140.33g (155.92%), Cholesterol: 17.89mg (5.96%), Sodium: 265.08mg (11.53%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 5.79g (11.58%), Calcium: 219.32mg (21.93%), Phosphorus: 180.57mg (18.06%), Vitamin B2: 0.25mg (14.7%), Vitamin D: 2.11µg (14.1%), Potassium: 334.75mg (9.56%), Vitamin A: 322.08IU (6.44%), Magnesium: 22.79mg (5.7%), Vitamin B1: 0.08mg (5.21%), Vitamin B5: 0.5mg (5.04%), Selenium: 3.08µg (4.4%), Copper: 0.08mg (4.21%), Vitamin B6: 0.07mg (3.74%), Zinc: 0.5mg (3.34%), Vitamin C: 2.11mg (2.56%), Vitamin B3: 0.45mg (2.26%), Vitamin B12: 0.11µg (1.9%), Manganese: 0.04mg (1.75%)