



Cajeta Caramel Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



158 kcal

SAUCE

Ingredients

- ☐ 1 cup goat's milk fresh whole canned (see Notes)
- ☐ 0.5 teaspoon salt
- ☐ 4 cups sugar
- ☐ 0.3 cup butter unsalted

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a saucepan, combine sugar with 1 cup water. Bring to a boil over high heat, swirling occasionally to dissolve sugar.
- ☐ Once sugar has dissolved, boil mixture, swirling occasionally (do not stir), until it has a medium amber color and honeylike consistency (if mixture appears to be browning too fast, lower heat to medium).
- ☐ Remove pan from heat and stir in butter and salt. Slowly pour in goat's milk (mixture will bubble furiously) and stir until smooth.
- ☐ Let cool slightly, then spoon over ice cream.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:23.27, Inflammation Score:-1, Nutrition Score:0.5152173957423%

Nutrients (% of daily need)

Calories: 157.95kcal (7.9%), Fat: 3.08g (4.75%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 33.65g (12.24%), Sugar: 33.72g (37.47%), Cholesterol: 7.9mg (2.63%), Sodium: 54.21mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin A: 98.92IU (1.98%), Calcium: 14.74mg (1.47%), Vitamin B2: 0.02mg (1.26%), Phosphorus: 12.04mg (1.2%), Vitamin D: 0.18µg (1.2%)