



Cajeta Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SAUCE

Ingredients

- ☐ 12 oz evaporated goat's milk canned
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup sugar
- ☐ 0.5 cup whipping cream

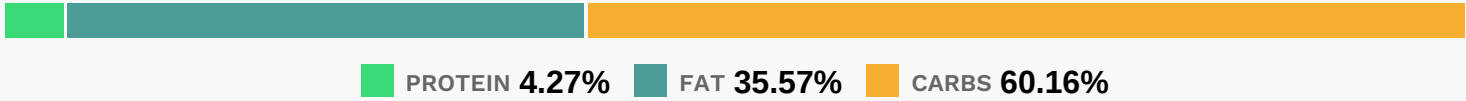
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Scrape goat's milk into a bowl, add whipping cream, and whisk until smooth.
- ☐ In a 10- to 12-inch frying pan, melt sugar over high heat, tilting pan to mix dry sugar into the syrup that forms, and cook until amber-colored, 3 to 5 minutes.
- ☐ Remove from heat and add 1/2 cup water to caramel (it spatters), then return to heat and stir until caramel dissolves.
- ☐ Add goat's milk mixture and lemon juice. Boil over high heat, stirring often and scraping pan sides, until reduced to 2 cups, about 10 minutes.
- ☐ Serve warm to pour or cold to spread.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-2, Nutrition Score:2.1578260784888%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 176.99kcal (8.85%), Fat: 7.22g (11.11%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 27.46g (9.99%), Sugar: 27.37g (30.41%), Cholesterol: 21.49mg (7.16%), Sodium: 25.57mg (1.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Calcium: 67.28mg (6.73%), Vitamin A: 303.09IU (6.06%), Phosphorus: 56.13mg (5.61%), Vitamin B2: 0.09mg (5.41%), Vitamin D: 0.79µg (5.27%), Potassium: 105.24mg (3.01%), Vitamin C: 2.09mg (2.54%), Magnesium: 7.22mg (1.8%), Vitamin B5: 0.17mg (1.75%), Selenium: 1.2µg (1.71%), Vitamin B1: 0.02mg (1.62%), Vitamin B6: 0.03mg (1.32%), Copper: 0.02mg (1.18%), Vitamin E: 0.17mg (1.15%), Zinc: 0.17mg (1.12%)