

## Caramel Candies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



758 kcal

SIDE DISH

### Ingredients

- 1.3 cups brown sugar
- 1 cup butter
- 1 cup plus
- 1.3 cups heavy cream
- 2 teaspoons vanilla extract
- 1.7 cups sugar white
- 0.8 cup milk whole

### Equipment

frying pan

sauce pan

## Directions

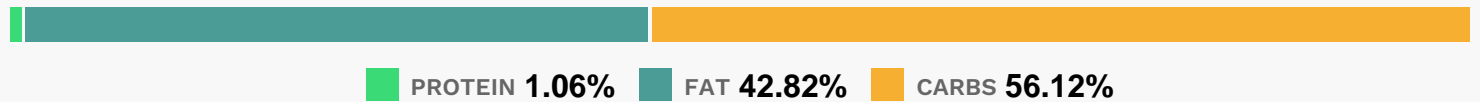
Combine brown sugar, white sugar, butter, corn syrup, cream, milk and vanilla in a medium saucepan over medium heat.

Heat, stirring occasionally, to 250 to 265 degrees F (121 to 129 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball.

Pour into an 8x8 inch pan.

Let cool before cutting.

## Nutrition Facts



## Properties

Glycemic Index:22.14, Glycemic Load:35.72, Inflammation Score:-6, Nutrition Score:4.0517391368099%

## Nutrients (% of daily need)

Calories: 758.16kcal (37.91%), Fat: 37.39g (57.52%), Saturated Fat: 23.56g (147.27%), Carbohydrates: 110.23g (36.74%), Net Carbohydrates: 110.23g (40.08%), Sugar: 109.99g (122.21%), Cholesterol: 105.77mg (35.26%), Sodium: 237.74mg (10.34%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 2.09g (4.18%), Vitamin A: 1292.81IU (25.86%), Calcium: 94.09mg (9.41%), Vitamin B2: 0.12mg (7.06%), Vitamin E: 1.01mg (6.75%), Vitamin D: 0.85µg (5.64%), Phosphorus: 52.92mg (5.29%), Selenium: 2.79µg (3.99%), Vitamin B12: 0.23µg (3.85%), Potassium: 124.91mg (3.57%), Vitamin B1: 0.05mg (3.13%), Vitamin K: 3.24µg (3.09%), Zinc: 0.41mg (2.74%), Vitamin B5: 0.26mg (2.57%), Magnesium: 9.56mg (2.39%), Vitamin B6: 0.04mg (2.11%), Iron: 0.31mg (1.72%), Manganese: 0.03mg (1.36%), Copper: 0.02mg (1.21%)