



Caramel Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream

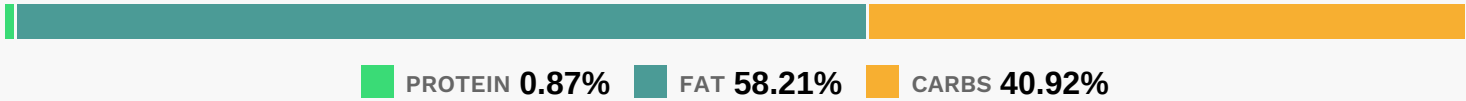
Equipment

- ☐ sauce pan

Directions

- ☐ Bring first 4 ingredients to a boil in a heavy saucepan over high heat, stirring often; boil, without stirring, 1 minute.
- ☐ Remove from heat; stir in vanilla. Cool until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:1.9704347984946%

Nutrients (% of daily need)

Calories: 341.12kcal (17.06%), Fat: 22.44g (34.53%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 35.49g (12.9%), Sugar: 35.16g (39.07%), Cholesterol: 22.41mg (7.47%), Sodium: 189.16mg (8.22%), Alcohol: 0.46g (100%), Alcohol %: 0.77% (100%), Protein: 0.76g (1.51%), Vitamin A: 968.2IU (19.36%), Vitamin E: 0.77mg (5.13%), Calcium: 34.29mg (3.43%), Vitamin B2: 0.05mg (2.87%), Vitamin D: 0.32µg (2.12%), Phosphorus: 16.67mg (1.67%), Potassium: 53.48mg (1.53%), Selenium: 0.92µg (1.31%)