



Caramel Icing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



352 kcal

FROSTING

ICING

Ingredients

- 1 cup butter
- 1 cup evaporated milk
- 2 cups sugar
- 1 teaspoon vanilla extract

Equipment

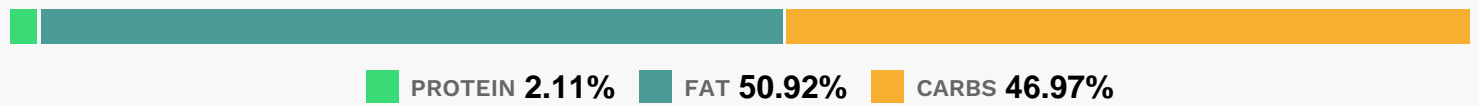
- frying pan
- sauce pan
- hand mixer

candy thermometer

Directions

- Combine sugar, butter, and milk in a large saucepan; bring to a boil over medium heat. Cover and cook 2 to 3 minutes to wash down sugar crystals from sides of pan. Uncover and cook, stirring constantly, until a candy thermometer registers 234 (soft ball stage).
- Remove from heat, and add vanilla (do not stir).
- Let cool 10 minutes. Beat at medium speed with an electric mixer 6 to 7 minutes or until icing is spreading consistency.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:27.93, Inflammation Score:-3, Nutrition Score:2.2095652365166%

Nutrients (% of daily need)

Calories: 351.93kcal (17.6%), Fat: 20.44g (31.45%), Saturated Fat: 12.82g (80.15%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 42.43g (15.43%), Sugar: 42.51g (47.24%), Cholesterol: 56.11mg (18.7%), Sodium: 173.11mg (7.53%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 1.91g (3.82%), Vitamin A: 627.5IU (12.55%), Calcium: 71.66mg (7.17%), Phosphorus: 56.63mg (5.66%), Vitamin B2: 0.1mg (5.61%), Vitamin E: 0.57mg (3.78%), Potassium: 83.2mg (2.38%), Vitamin B5: 0.19mg (1.86%), Vitamin K: 1.74µg (1.66%), Magnesium: 6.55mg (1.64%), Selenium: 1.05µg (1.5%), Zinc: 0.22mg (1.46%), Vitamin B12: 0.08µg (1.32%)