



Caramel Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



381 kcal

SAUCE

Ingredients

- ☐ 1 cup butter
- ☐ 0.3 cup milk
- ☐ 2 cups sugar
- ☐ 0.8 cup whipping cream

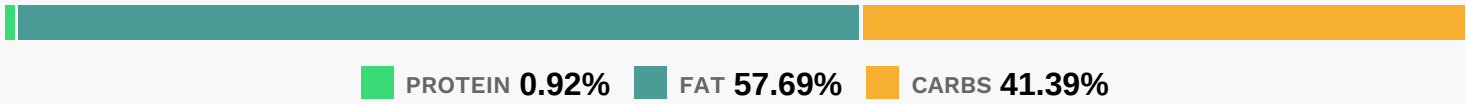
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Sprinkle sugar into a 10-inch cast-iron skillet. Cook over medium heat, stirring constantly with a wooden spoon, until sugar melts and turns light brown.
- ☐ Remove from heat; add butter. Stir until butter melts.
- ☐ Return to low heat and cook, stirring constantly, until mixture is well blended.
- ☐ Combine whipping cream and milk.
- ☐ Add whipping cream mixture to hot sugar mixture, 1 tablespoon at a time, stirring constantly, 25 minutes or until mixture is smooth and creamy.
- ☐ Serve warm over ice cream or pound cake.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:28.04, Inflammation Score:-4, Nutrition Score:1.8495652516899%

Nutrients (% of daily need)

Calories: 381.11kcal (19.06%), Fat: 25.18g (38.73%), Saturated Fat: 15.89g (99.29%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 40.65g (14.78%), Sugar: 40.75g (45.28%), Cholesterol: 69.71mg (23.24%), Sodium: 153.5mg (6.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin A: 839.55IU (16.79%), Vitamin E: 0.69mg (4.63%), Vitamin B2: 0.06mg (3.37%), Calcium: 25.13mg (2.51%), Vitamin D: 0.35µg (2.35%), Phosphorus: 21.96mg (2.2%), Vitamin K: 2.18µg (2.07%), Vitamin B12: 0.1µg (1.67%), Selenium: 1.12µg (1.6%)