

Caramel Syrup



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup sugar
- ☐ 0.8 cup whipping cream

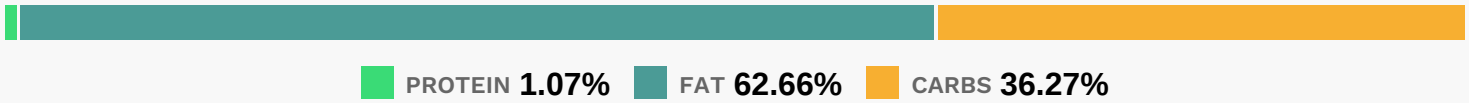
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Melt butter in a heavy saucepan over medium heat; add sugar and lemon juice, and cook, stirring constantly, 5 to 6 minutes or until mixture turns a caramel color. Gradually add whipping cream, and cook, stirring constantly, 1 to 2 minutes or until smooth.
- ☐ Serve immediately, or store in an airtight container in refrigerator up to 1 week.
- ☐ To Reheat: Microwave in a microwave-safe bowl at HIGH 10 to 15 seconds or just until warm; stir until smooth.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:13.97, Inflammation Score:-3, Nutrition Score:1.2073913014939%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 219.18kcal (10.96%), Fat: 15.71g (24.18%), Saturated Fat: 9.94g (62.12%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 20.47g (7.44%), Sugar: 20.5g (22.78%), Cholesterol: 44.57mg (14.86%), Sodium: 78mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin A: 546.06IU (10.92%), Vitamin E: 0.43mg (2.86%), Vitamin B2: 0.04mg (2.43%), Vitamin D: 0.29µg (1.9%), Calcium: 14.73mg (1.47%), Phosphorus: 13.12mg (1.31%), Vitamin K: 1.37µg (1.3%), Selenium: 0.77µg (1.1%)