

## Caramel-Whiskey Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



105 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.3 cup butter light
- ☐ 0.3 cup milk 1% low-fat
- ☐ 16 servings try build-a-meal
- ☐ 1.5 cups sugar
- ☐ 0.7 cup water
- ☐ 0.3 cup irish whiskey

### Equipment

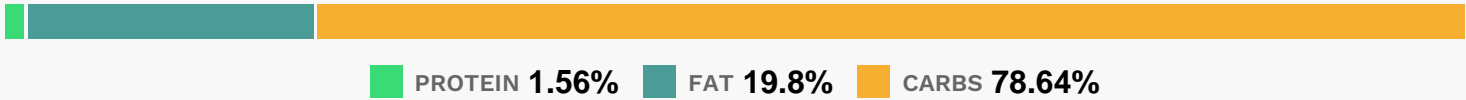
- ☐ sauce pan

whisk

## Directions

- Combine sugar and water in a small heavy saucepan over medium-high heat; cook until sugar dissolves, stirring constantly. Cook an additional 15 minutes or until golden (do not stir).
- Remove from heat. Carefully add butter and cream cheese, stirring constantly with a whisk (mixture will be hot and bubble vigorously). Cool slightly, and stir in whiskey and milk.Note: Substitute 1 tablespoon imitation rum extract and 3 tablespoons water for the Irish whiskey, if desired.

## Nutrition Facts



## Properties

Glycemic Index:5.32, Glycemic Load:13.09, Inflammation Score:-1, Nutrition Score:0.67782608549232%

## Nutrients (% of daily need)

Calories: 104.94kcal (5.25%), Fat: 2.19g (3.37%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 19.33g (7.03%), Sugar: 18.91g (21.01%), Cholesterol: 4.16mg (1.39%), Sodium: 3.48mg (0.15%), Alcohol: 1.33g (100%), Alcohol %: 4.13% (100%), Protein: 0.39g (0.78%), Manganese: 0.07mg (3.41%), Vitamin A: 71.01IU (1.42%), Phosphorus: 11.5mg (1.15%), Selenium: 0.74µg (1.05%)