



## Caramel-Whiskey Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



102 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.3 cup butter light
- ☐ 0.3 cup milk 1% low-fat
- ☐ 1.5 cups sugar
- ☐ 0.7 cup water
- ☐ 0.3 cup irish whiskey

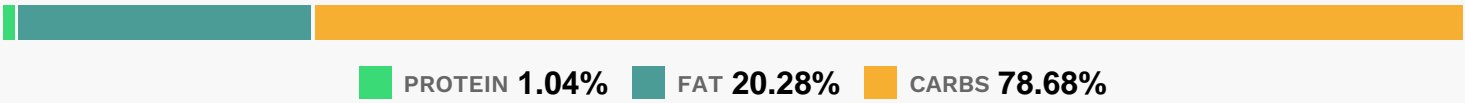
### Equipment

- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Combine the sugar and water in a small, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring constantly. Cook for an additional 15 minutes or until golden (do not stir).
- ☐ Remove from heat. Carefully add butter and cream cheese, stirring constantly with a whisk (the mixture will be hot and bubble vigorously). Cool slightly, and stir in the whiskey and milk.
- ☐ Note: You can 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:0.29608695370995%

## Nutrients (% of daily need)

Calories: 101.7kcal (5.09%), Fat: 2.16g (3.33%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 18.87g (6.86%), Sugar: 18.9g (21%), Cholesterol: 4.16mg (1.39%), Sodium: 3.47mg (0.15%), Alcohol: 1.33g (100%), Alcohol %: 4.23% (100%), Protein: 0.25g (0.5%), Vitamin A: 70.9IU (1.42%)