



Caramels

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar packed
- 1 cup butter
- 1 cup plus
- 1 cup evaporated milk
- 1 pint heavy whipping cream
- 1.3 teaspoons vanilla extract
- 2 cups sugar white

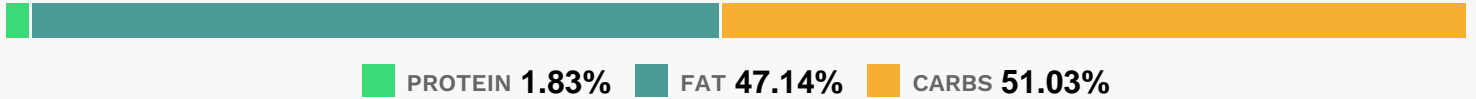
Equipment

- frying pan
- pot
- kitchen thermometer
- wax paper
- candy thermometer

Directions

- Grease a 12x15 inch pan.
- In a medium-size pot, combine sugar, brown sugar, corn syrup, evaporated milk, whipping cream, and butter. Monitor the heat of the mixture with a candy thermometer while stirring. When the thermometer reaches 250 degrees F (120 degrees C) remove the pot from the heat.
- Stir in vanilla.
- Transfer mixture to the prepared pan and let the mixture cool completely. When cooled cut the Carmel into small squares and wrap them in wax paper for storage.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:6.86, Inflammation Score:-2, Nutrition Score:0.95608695790819%

Nutrients (% of daily need)

Calories: 144.42kcal (7.22%), Fat: 7.83g (12.05%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 19.08g (6.94%), Sugar: 19.05g (21.17%), Cholesterol: 22.83mg (7.61%), Sodium: 44.42mg (1.93%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 0.68g (1.37%), Vitamin A: 275.64IU (5.51%), Calcium: 26.17mg (2.62%), Vitamin B2: 0.04mg (2.26%), Phosphorus: 17.7mg (1.77%), Vitamin E: 0.21mg (1.39%), Vitamin D: 0.16µg (1.09%)