



## Caramels

 Gluten Free

READY IN



175 min.

SERVINGS



64

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup butter
- ☐ 0.8 cup plus light
- ☐ 2 cups sugar
- ☐ 2 cups whipping cream (heavy)

## Equipment

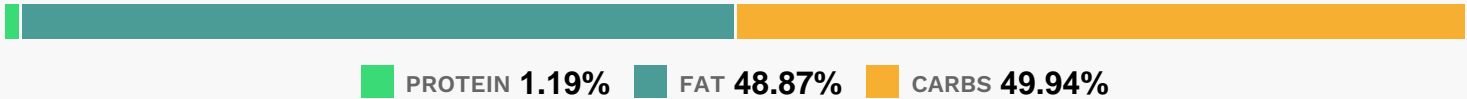
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap

- ☐ baking pan
- ☐ kitchen scissors
- ☐ candy thermometer

## Directions

- ☐ Grease bottom and sides of square baking dish, 8x8x2 or 9x9x2 inches, with butter.
- ☐ Heat all ingredients to boiling in heavy 3-quart saucepan over medium heat, stirring constantly. Cook about 35 minutes, stirring frequently, to 245F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a firm ball that holds its shape until pressed. Immediately spread in baking dish. Cool completely, about 2 hours.
- ☐ Cut into 8 rows by 8 rows, using kitchen scissors or sharp knife. Wrap individually in waxed paper or plastic wrap. Store wrapped candies in airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:1.39, Glycemic Load:4.95, Inflammation Score:-1, Nutrition Score:0.4121739173551%

## Nutrients (% of daily need)

Calories: 73.41kcal (3.67%), Fat: 4.14g (6.37%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 9.52g (3.46%), Sugar: 9.52g (10.58%), Cholesterol: 8.4mg (2.8%), Sodium: 21.27mg (0.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Vitamin A: 172.77IU (3.46%)