

Caramels I



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



15

CALORIES



416 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup butter



1.5 cups plus



2 cups heavy cream



1 teaspoon vanilla extract



2 cups sugar white

Equipment

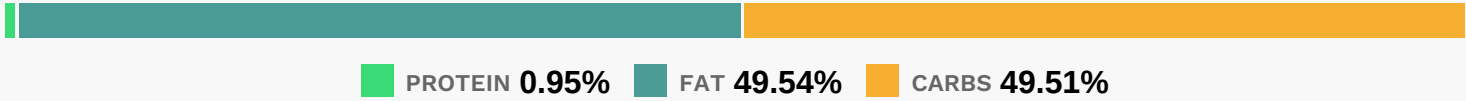


sauce pan

Directions

- ☐ Butter a 9x13 inch dish.
- ☐ In a heavy saucepan, combine sugar, corn syrup, 1 cup cream and butter. Bring to a boil, stirring often, then stir in remaining 1 cup cream.
- ☐ Heat, without stirring, to 242 degrees F (116 degrees C), or until a small amount of syrup dropped into cold water forms a firm but pliable ball.
- ☐ Remove from heat, stir in vanilla, and pour into prepared dish. Refrigerate.
- ☐ When cool, return candies to room temperature then cut into 1 inch squares and wrap in waxed paper.

Nutrition Facts



Properties

Glycemic Index:9.27, Glycemic Load:23.6, Inflammation Score:-4, Nutrition Score:2.0604347680574%

Nutrients (% of daily need)

Calories: 416.34kcal (20.82%), Fat: 23.88g (36.74%), Saturated Fat: 15.08g (94.23%), Carbohydrates: 53.69g (17.9%), Net Carbohydrates: 53.69g (19.52%), Sugar: 53.77g (59.75%), Cholesterol: 68.4mg (22.8%), Sodium: 127.31mg (5.54%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 1.03g (2.06%), Vitamin A: 844.66IU (16.89%), Vitamin E: 0.64mg (4.29%), Vitamin B2: 0.07mg (4.12%), Vitamin D: 0.51µg (3.38%), Calcium: 29.31mg (2.93%), Phosphorus: 22.05mg (2.21%), Selenium: 1.5µg (2.15%), Vitamin K: 2.07µg (1.98%), Vitamin B1: 0.03mg (1.82%), Zinc: 0.24mg (1.62%), Vitamin B12: 0.08µg (1.27%)