



Caramels II

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



15

CALORIES



307 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar
- 1.5 cups plus
- 2 cups condensed milk sweetened divided
- 1 cup sugar white

Equipment

- frying pan
- sauce pan

Directions

- Butter a 9x13 inch dish.
- In a heavy saucepan over medium heat, combine sugar, brown sugar, 1 cup condensed milk and corn syrup.
- Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- Pour in remaining milk.
- Heat, without stirring, to 250 to 265 degrees F (121 to 129 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball.
- Pour into prepared pan.
- Let cool before cutting into 1 inch squares.

Nutrition Facts



PROTEIN 4.03% **FAT 10.25%** **CARBS 85.72%**

Properties

Glycemic Index:10.01, Glycemic Load:27.82, Inflammation Score:-1, Nutrition Score:3.153043485854%

Nutrients (% of daily need)

Calories: 306.67kcal (15.33%), Fat: 3.66g (5.63%), Saturated Fat: 2.24g (14%), Carbohydrates: 68.86g (22.95%), Net Carbohydrates: 68.86g (25.04%), Sugar: 68.8g (76.45%), Cholesterol: 13.87mg (4.62%), Sodium: 75.14mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Calcium: 126.53mg (12.65%), Phosphorus: 103.52mg (10.35%), Vitamin B2: 0.17mg (10.13%), Selenium: 6.45µg (9.21%), Potassium: 161.73mg (4.62%), Vitamin B1: 0.06mg (3.79%), Zinc: 0.54mg (3.58%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.18µg (2.99%), Magnesium: 11.61mg (2.9%), Vitamin A: 108.94IU (2.18%), Vitamin C: 1.06mg (1.29%), Vitamin B6: 0.02mg (1.19%), Folate: 4.56µg (1.14%)