

Chocolate Covered Caramels

 **Gluten Free**

READY IN



145 min.

SERVINGS



100

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 cups brown sugar
- 1 tablespoon butter
- 1 cup plus light
- 1 pound chocolate
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

Equipment

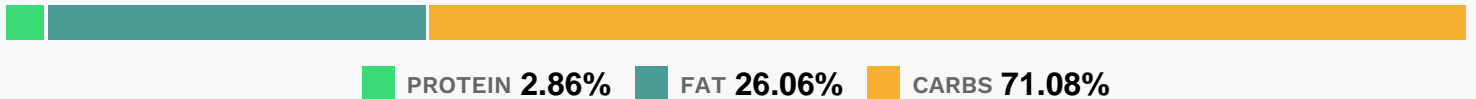
- bowl

- frying pan
- sauce pan
- double boiler
- wax paper
- microwave

Directions

- Grease an 8 x 8 inch square pan.
- In a heavy 4 quart saucepan melt butter over medium heat; add brown sugar, corn syrup and milk. Stirring constantly, heat to 242 to 248 degrees F (116 to 120 degrees C), or until a small amount of syrup dropped into cold water forms a firm but pliable ball.
- Remove from heat and stir in vanilla extract.
- Pour into prepared pan.
- When caramel has cooled and set, cut into 1 inch squares. Chill in refrigerator until firm.
- Melt chocolate with 1 tablespoon butter in the top of a double boiler or in a bowl in the microwave. Stir until smooth.
- Dip caramel squares in chocolate and place on wax paper to cool.

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:0.73913044012759%

Nutrients (% of daily need)

Calories: 65.32kcal (3.27%), Fat: 2.02g (3.1%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 12.13g (4.41%), Sugar: 11.92g (13.24%), Cholesterol: 1.65mg (0.55%), Sodium: 10.17mg (0.44%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 0.5g (1%), Calcium: 16.95mg (1.7%), Phosphorus: 16.94mg (1.69%), Magnesium: 6.64mg (1.66%), Vitamin B2: 0.03mg (1.62%), Copper: 0.03mg (1.45%), Manganese: 0.03mg (1.3%), Selenium: 0.8µg (1.14%)