



Chocolate-Topped Sea Salt Caramels



Gluten Free



Popular

READY IN



160 min.

SERVINGS



48

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving butter for greasing
- ☐ 1 cup butter (do not use margarine)
- ☐ 1 lb brown sugar packed
- ☐ 0.5 teaspoon sea salt
- ☐ 1 cup plus light
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup semi chocolate chips

- ☐ 0.5 teaspoon vegetable oil
- ☐ 1 teaspoon sea salt

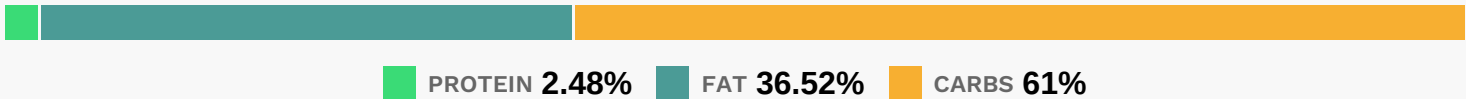
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula
- ☐ glass baking pan
- ☐ candy thermometer

Directions

- ☐ Line bottom and sides of 11x7-inch glass baking dish or pan with foil, leaving 1 inch foil overhanging on 2 opposite sides of pan; grease foil with butter.
- ☐ In 3-quart heavy saucepan, melt butter over medium heat. Stir in brown sugar, 1/2 teaspoon salt, the corn syrup and milk. Cook over medium heat, stirring constantly, until mixture begins to boil.
- ☐ Reduce heat to medium-low. Cook 40 to 50 minutes or until 248°F on candy thermometer (firm ball stage).
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour into pan. Refrigerate about 1 hour or until completely cooled.
- ☐ In small microwavable bowl, microwave chocolate chips and oil on High 30 to 40 seconds, stirring every 10 seconds, until chocolate is melted. Using spatula, spread chocolate evenly over caramel layer.
- ☐ Sprinkle with 1 teaspoon salt. Refrigerate about 30 minutes or until chocolate is set.
- ☐ Remove caramels from baking dish to cutting surface, using foil to lift; peel back foil.
- ☐ Cut into 8 rows by 6 rows. Store at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:3.78, Inflammation Score:-1, Nutrition Score:1.2517391449731%

Nutrients (% of daily need)

Calories: 128.82kcal (6.44%), Fat: 5.39g (8.29%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 20.11g (7.31%), Sugar: 19.82g (22.02%), Cholesterol: 3.15mg (1.05%), Sodium: 135.68mg (5.9%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 0.82g (1.65%), Vitamin A: 194.78IU (3.9%), Calcium: 34.91mg (3.49%), Phosphorus: 27.29mg (2.73%), Selenium: 1.55µg (2.21%), Vitamin B2: 0.04mg (2.19%), Magnesium: 6.53mg (1.63%), Potassium: 56.1mg (1.6%), Manganese: 0.03mg (1.59%), Copper: 0.03mg (1.46%), Vitamin E: 0.18mg (1.18%), Iron: 0.2mg (1.12%), Zinc: 0.16mg (1.08%)