



Classic Caramel Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

SAUCE

Ingredients

- ☐ 3.5 ounces granulated sugar
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 1 teaspoon honey
- ☐ 4 tablespoons butter unsalted softened (2 ounces,)
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 2 tablespoons water

Equipment

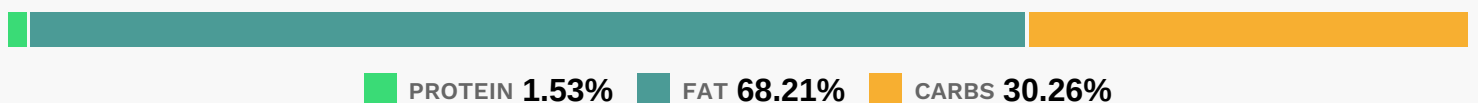
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ double boiler
- ☐ microwave
- ☐ pastry brush

Directions

- ☐ Bring the cream to a boil in a 1-quart saucepan over medium heat.
- ☐ Cook the sugar, water, and honey in a 3-quart heavy-duty saucepan over high heat until the mixture comes to a boil.
- ☐ Brush around the inside of the pan with a damp pastry brush at the point where the sugar syrup meets the sides of the pan. Do this twice during the cooking process to prevent the sugar from crystallizing.
- ☐ Cook the mixture over high heat, without stirring, until it turns amber colored, 6–8 minutes. Lower the heat to medium and slowly add the hot cream to the sugar mixture while stirring constantly. The cream will bubble and foam. Continue stirring to make sure there are no lumps.
- ☐ Remove the saucepan from the heat and stir in the butter until it is completely melted. Then stir in the vanilla.
- ☐ Transfer the caramel sauce to a bowl, cover tightly with plastic wrap, cool slightly, and serve warm.
- ☐ Store caramel sauce in a covered container in the refrigerator for up to 2 weeks. Cautiously warm in a microwave oven or in the top of a double boiler until fluid before using.
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Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:18.07, Inflammation Score:-5, Nutrition Score:2.4956521972528%

Nutrients (% of daily need)

Calories: 354.37kcal (17.72%), Fat: 27.54g (42.38%), Saturated Fat: 17.46g (109.1%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 27.48g (9.99%), Sugar: 27.57g (30.63%), Cholesterol: 80.53mg (26.84%), Sodium: 14.33mg (0.62%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 1.39g (2.78%), Vitamin A: 1005.85IU (20.12%), Vitamin D: 0.92µg (6.16%), Vitamin B2: 0.09mg (5.56%), Vitamin E: 0.74mg (4.9%), Calcium: 33.45mg (3.34%), Phosphorus: 29.34mg (2.93%), Selenium: 1.64µg (2.35%), Vitamin K: 2.41µg (2.29%), Vitamin B12: 0.1µg (1.59%), Potassium: 47.9mg (1.37%), Vitamin B5: 0.13mg (1.31%)