



Coconut Dulce de Leche



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



308 kcal

SIDE DISH

Ingredients



0.5 teaspoon kosher salt



1.5 cups brown sugar packed ()



28 ounce coconut milk unsweetened canned

Equipment



frying pan

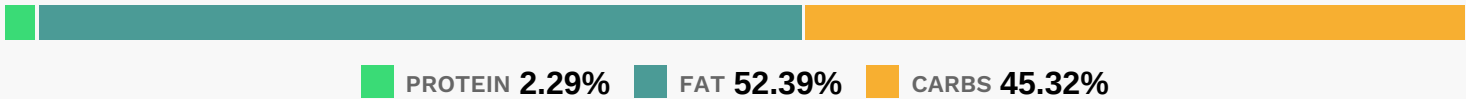


whisk

Directions

- ☐ Whisk coconut milk, sugar, and coarse salt in heavy large skillet over medium heat until sugar dissolves. Increase heat to medium-high and boil until mixture is reduced to 2 1/2 cups, stirring occasionally, about 20 minutes.
- ☐ Transfer sauce to small jars. Cool completely, then cover sauce and chill. DO AHEAD: Can be made 1 month ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.1386956397606%

Nutrients (% of daily need)

Calories: 307.97kcal (15.4%), Fat: 18.89g (29.06%), Saturated Fat: 16.75g (104.68%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 35.02g (12.74%), Sugar: 34.66g (38.51%), Cholesterol: 0mg (0%), Sodium: 137.42mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Manganese: 0.75mg (37.43%), Copper: 0.23mg (11.34%), Iron: 1.54mg (8.54%), Magnesium: 32.34mg (8.09%), Phosphorus: 80.7mg (8.07%), Selenium: 5.32µg (7.6%), Potassium: 252.68mg (7.22%), Fiber: 1.75g (6.99%), Calcium: 40.16mg (4.02%), Zinc: 0.54mg (3.61%), Folate: 13.03µg (3.26%), Vitamin B3: 0.64mg (3.2%), Vitamin C: 2.22mg (2.69%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.02mg (1.38%)