



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 coarse kosher salt
- 1.5 cups brown sugar packed ()
- 28 ounce coconut milk unsweetened canned

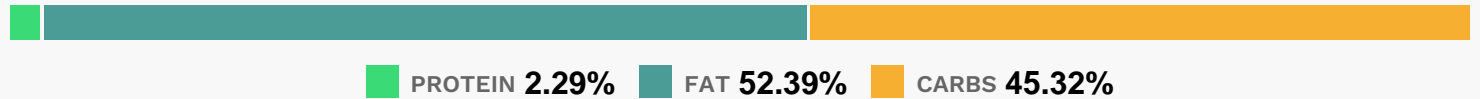
Equipment

- 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%)