



Coffee-Caramel Dessert Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz caramels kraft
- 0.3 cup milk
- 0.3 cup strong maxwell house coffee brewed

Equipment

- bowl
- microwave

Directions

- Microwave ingredients in microwaveable bowl on HIGH 5 min. or until caramels are completely melted and mixture is well blended, stirring every 2 min.

Nutrition Facts



Properties

Glycemic Index:6.87, Glycemic Load:10.48, Inflammation Score:-1, Nutrition Score:0.94304348042478%

Nutrients (% of daily need)

Calories: 81.9kcal (4.09%), Fat: 1.81g (2.79%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 16.2g (5.89%), Sugar: 13.81g (15.35%), Cholesterol: 1.94mg (0.65%), Sodium: 52.56mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin B2: 0.06mg (3.64%), Calcium: 33.77mg (3.38%), Phosphorus: 27.93mg (2.79%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.15mg (1.54%), Potassium: 52.53mg (1.5%), Vitamin B12: 0.08µg (1.41%), Magnesium: 4.14mg (1.04%)