



Creamy Salted Caramel Spread

 **Gluten Free**

READY IN



25 min.

SERVINGS



25

CALORIES



60 kcal

CONDIMENT

DIP

SPREAD

Ingredients

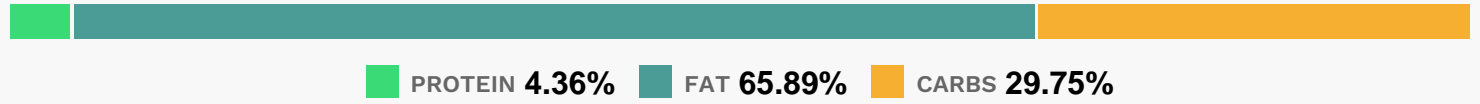
- 2 Tbsp butter softened
- 0.3 cup caramel ice cream topping
- 8 oz philadelphia cream cheese softened
- 0.3 cup brown sugar dark packed
- 0.3 tsp sea salt
- 1 oz baker's semi-sweet chocolate melted
- 0.3 tsp vanilla

Equipment

Directions

- Mix first 5 ingredients until blended; spoon into shallow serving dish.
- Drizzle with chocolate; sprinkle with salt.
- Refrigerate 15 min.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.696086954244445%

Nutrients (% of daily need)

Calories: 59.82kcal (2.99%), Fat: 4.48g (6.89%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.46g (1.62%), Sugar: 4.19g (4.65%), Cholesterol: 11.67mg (3.89%), Sodium: 67.48mg (2.93%), Alcohol: 0.01g (100%), Alcohol %: 0.12% (100%), Protein: 0.67g (1.33%), Vitamin A: 152.82IU (3.06%), Phosphorus: 13.9mg (1.39%), Selenium: 0.94µg (1.35%), Vitamin B2: 0.02mg (1.29%), Calcium: 12.73mg (1.27%)