



Dark Caramel Sauce



Vegetarian



Gluten Free

READY IN



31 min.

SERVINGS



16

CALORIES



99 kcal

SAUCE

Ingredients

- ☐ 0.1 tsp salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

Equipment

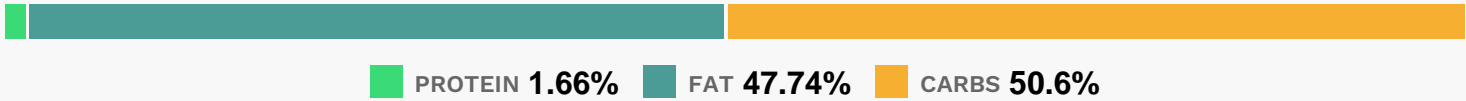
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ microwave

Directions

- ☐ Cook sugar in a 3-qt. heavy saucepan over medium heat 6 to 8 minutes or until sugar caramelizes, tilting and swirling pan to incorporate mixture. Stir in whipping cream. (
- ☐ Mixture will bubble and harden.) Cook, stirring constantly, until mixture melts and begins to boil (about 5 minutes). Quickly pour sauce into a bowl; stir in vanilla, and salt.
- ☐ Let cool 15 minutes.
- ☐ Serve warm or cool.
- ☐ Note: To make ahead, cover and chill up to 3 weeks. To reheat, cook, uncovered, in a microwave-safe glass bowl at MEDIUM LOW (30% power) for 2 minutes or until warm, stirring once.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:0.63173912627541%

Nutrients (% of daily need)

Calories: 99.42kcal (4.97%), Fat: 5.41g (8.32%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 12.9g (4.69%), Sugar: 12.94g (14.38%), Cholesterol: 16.81mg (5.6%), Sodium: 22.33mg (0.97%), Alcohol: 0.09g (100%), Alcohol %: 0.39% (100%), Protein: 0.42g (0.85%), Vitamin A: 218.66IU (4.37%), Vitamin B2: 0.03mg (1.8%), Vitamin D: 0.24µg (1.59%)