



Dulce De Leche

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

Ingredients

- 1 quart milk whole
- 1.5 cups sugar
- 1 vanilla pod split
- 0.3 teaspoon salt
- 0.5 teaspoon baking soda

Equipment

- sauce pan
- sieve

Directions

- Combine the first four ingredients in in a large saucepan and place over medium heat. Bring to a simmer, stirring occasionally, until the sugar has dissolved.
- Once the sugar has dissolved, add the baking soda and stir to combine. Reduce the heat to low and cook uncovered at a bare simmer. Stir occasionally. Continue to cook for 1 hour.
- Remove the vanilla bean after 1 hour and continue to cook until the mixture is a dark caramel color and has reduced to about 1 cup, approximately 1 1/2 to 2 hours.
- Strain the mixture through a fine mesh strainer.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:56.56, Inflammation Score:-3, Nutrition Score:7.7882608695652%

Taste

Sweetness: 100%, Saltiness: 26.88%, Sourness: 13.96%, Bitterness: 8.97%, Savoriness: 21.51%, Fattiness: 28.65%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 433.64kcal (21.68%), Fat: 8g (12.31%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 86.06g (28.69%), Net Carbohydrates: 86.06g (31.29%), Sugar: 86.23g (95.81%), Cholesterol: 28.39mg (9.46%), Sodium: 372.8mg (16.21%), Protein: 7.76g (15.52%), Calcium: 291.84mg (29.18%), Phosphorus: 238.95mg (23.9%), Vitamin B12: 1.28µg (21.29%), Vitamin B2: 0.34mg (20.04%), Vitamin D: 2.6µg (17.35%), Potassium: 356.41mg (10.18%), Vitamin B1: 0.13mg (8.83%), Vitamin B5: 0.88mg (8.82%), Vitamin A: 383.27IU (7.67%), Vitamin B6: 0.14mg (7.22%), Magnesium: 28.39mg (7.1%), Selenium: 4.95µg (7.07%), Zinc: 0.98mg (6.52%), Vitamin B3: 0.25mg (1.24%)