



Espresso-Bourbon Caramel Sauce

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



306 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons bourbon
- 2 tablespoons plus light
- 1 cup cup heavy whipping cream
- 2 teaspoons espresso powder instant
- 1 cup brown sugar light packed
- 6 tablespoons butter unsalted ()

Equipment

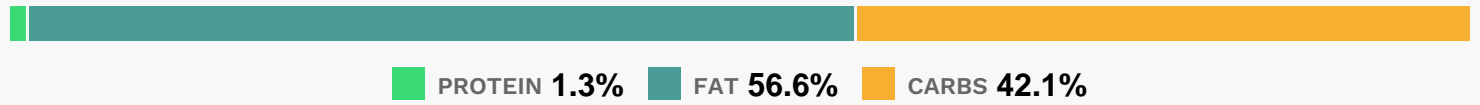
- sauce pan

whisk

Directions

- Melt the butter in a medium heavy-bottomed saucepan over medium heat.
- Add the brown sugar, cream, and corn syrup and stir until smooth. Bring the mixture to a boil and cook, stirring occasionally, until slightly thickened, about 5 minutes.
- Remove from the heat, whisk in the bourbon and espresso, and set aside until slightly cooled, about 20 minutes. Before serving, whisk the sauce until smooth.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:2.119565203138%

Nutrients (% of daily need)

Calories: 306.05kcal (15.3%), Fat: 19.27g (29.64%), Saturated Fat: 12.24g (76.48%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 32.24g (11.72%), Sugar: 31.77g (35.3%), Cholesterol: 56.19mg (18.73%), Sodium: 20.43mg (0.89%), Alcohol: 1.25g (100%), Alcohol %: 2.06% (100%), Caffeine: 7.85mg (2.62%), Protein: 1g (2%), Vitamin A: 699.72IU (13.99%), Calcium: 46.05mg (4.6%), Vitamin D: 0.63µg (4.22%), Vitamin B2: 0.06mg (3.52%), Vitamin E: 0.52mg (3.45%), Potassium: 76.34mg (2.18%), Phosphorus: 21.78mg (2.18%), Selenium: 1.4µg (2%), Vitamin K: 1.69µg (1.61%), Magnesium: 5.64mg (1.41%), Iron: 0.24mg (1.33%), Vitamin B5: 0.12mg (1.24%), Manganese: 0.02mg (1.16%), Vitamin B6: 0.02mg (1.11%), Vitamin B12: 0.07µg (1.09%)