



Fleur de Sel Caramel Crunch Cups

READY IN



40 min.

SERVINGS



31

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz caramels
- ☐ 1.8 cups bittersweet chocolate morsels
- ☐ 31 servings sea salt french (sea salt)
- ☐ 2 tablespoons heavy whipping cream
- ☐ 1 cup macadamia nuts toasted chopped
- ☐ 1 cup coarsely pretzel sticks with rold gold) crushed thin
- ☐ 0.3 teaspoon vanilla extract

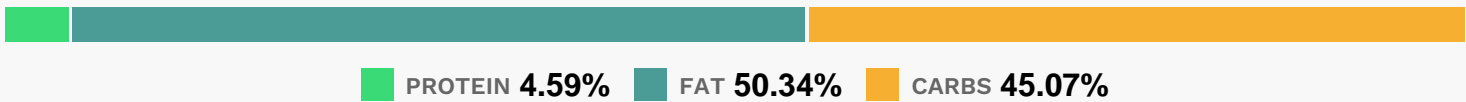
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Combine heavy cream and caramels in a small microwave-safe bowl; microwave at HIGH 2 to 3 minutes or until caramels are melted, stirring after every minute. Stir in nuts, pretzels, and vanilla. Spoon mixture into 45 (1 1/2") foil petits four cups lightly greased with cooking spray, filling each two-thirds full; cool completely.
- ☐ Place chocolate morsels in a small microwave-safe bowl, and microwave at HIGH 1 minute or until melted; stir until smooth. Spoon chocolate evenly over caramel in cups; cool slightly.
- ☐ Sprinkle with fleur de sel, and let candy cups set completely. Store candy cups in an airtight container in a cool, dry place.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:7.59, Inflammation Score:-1, Nutrition Score:3.1939130130669%

Nutrients (% of daily need)

Calories: 147.46kcal (7.37%), Fat: 8.5g (13.08%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 15.89g (5.78%), Sugar: 12.28g (13.65%), Cholesterol: 2.58mg (0.86%), Sodium: 249.03mg (10.83%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Caffeine: 8.5mg (2.83%), Protein: 1.74g (3.49%), Manganese: 0.33mg (16.42%), Copper: 0.16mg (8.07%), Magnesium: 25.78mg (6.45%), Phosphorus: 51.28mg (5.13%), Vitamin B1: 0.08mg (5.06%), Iron: 0.89mg (4.93%), Fiber: 1.22g (4.89%), Vitamin B2: 0.05mg (3.09%), Potassium: 104.36mg (2.98%), Calcium: 28.72mg (2.87%), Zinc: 0.4mg (2.64%), Selenium: 1.32µg (1.89%), Vitamin B3: 0.3mg (1.52%), Vitamin B5: 0.15mg (1.5%), Vitamin B6: 0.02mg (1.2%), Folate: 4.3µg (1.07%), Vitamin E: 0.16mg (1.05%)