



Fleur De Sel Caramels

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



16

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup plus light
- 1 teaspoon fleur del sel for sprinkling
- 1 cups heavy cream
- 1.5 cups sugar
- 5 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract pure
- 16 servings vegetable oil

Equipment

- frying pan
- sauce pan
- baking paper
- baking pan
- wooden spoon
- cutting board
- candy thermometer

Directions

- Line an 8-inch square baking pan with parchment paper, then brush the paper lightly with oil, allowing the paper to drape over 2 sides.
- In a deep saucepan (6 inches diameter * 4 1/2 inches deep), stir together 1/4 cup water with the sugar, and corn syrup, and bring to a boil over medium-high heat. Continue to boil until the mixture is a warm golden brown color. Don't stir - just swirl the pan to mix. Watch carefully, as it will burn quickly at the end!
- In the meantime, in a small pan, bring the cream, butter, and 1 teaspoon of fleur de sel to a simmer over medium heat. Turn off the heat, and set aside.
- When the sugar mixture is a warm golden color, turn off the heat and slowly add the cream mixture to the sugar mixture. Be careful! It will bubble up violently. Stir in the vanilla with a wooden spoon and cook over medium low heat for about 10 minutes, until the mixture reaches 248 degrees (firm ball) on a candy thermometer. Very carefully (it's hot!) pour the caramel into the prepared pan and refrigerate for a few hours until firm.
- When the caramels are cold, pry the sheet from the pan onto a cutting board.
- Cut the sheet in half. Starting with the long end, roll the caramel up tightly into an 8 inch log. Repeat with the second piece.
- Sprinkle both logs with fleur de sel, trim the ends, and cut each log in 8 pieces.
- Cut glaciene or parchment papers into squares and wrap each caramel in a paper, twisting the ends. Store in the refrigerator and serve the caramels chilled.

Nutrition Facts

 PROTEIN 0.61%  FAT 68.61%  CARBS 30.78%

Properties

Glycemic Index:5.57, Glycemic Load:13.87, Inflammation Score:-2, Nutrition Score:2.2478261115434%

Nutrients (% of daily need)

Calories: 293.33kcal (14.67%), Fat: 22.99g (35.37%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 23.21g (8.44%), Sugar: 23.26g (25.84%), Cholesterol: 26.22mg (8.74%), Sodium: 153.34mg (6.67%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 0.46g (0.92%), Vitamin K: 26.53µg (25.26%), Vitamin E: 1.38mg (9.22%), Vitamin A: 327.99IU (6.56%), Vitamin D: 0.3µg (2.02%), Vitamin B2: 0.03mg (1.95%), Calcium: 11.85mg (1.19%)