

Gingerbread Caramels

READY IN



25 min.

SERVINGS



36

CALORIES



136 kcal

DESSERT

Ingredients

- ☐ 1.8 cups whipping cream
- ☐ 0.5 cup butter unsalted
- ☐ 0.8 cup plus light
- ☐ 1 teaspoon sea salt
- ☐ 1 piece ginger peeled (2 inch)
- ☐ 1.8 cups sugar
- ☐ 0.3 water
- ☐ 0.8 cup gingersnaps crumbled
- ☐ 0.5 cup candied ginger chopped

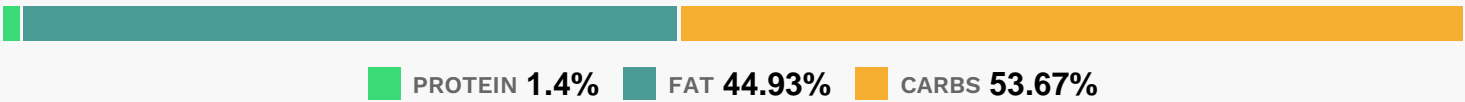
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Line bottom and sides of 11x7-inch pan with foil, leaving foil overhanging at 2 opposite sides of pan; spray foil with cooking spray. In 2-quart saucepan, heat whipping cream, butter, corn syrup, salt and gingerroot over medium heat to simmering, stirring often.
- ☐ Remove from heat; cover to keep warm.
- ☐ In 3-quart saucepan, cook sugar and water over medium heat until melted and amber in color.
- ☐ Remove from heat. Discard gingerroot from warm cream mixture. Slowly add cream mixture to melted sugar, stirring constantly with wire whisk. Cook over medium-high heat, stirring constantly to dissolve any hardened sugar. Boil uncovered about 36 minutes to 246°F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a firm ball that holds its shape until pressed.
- ☐ Remove from heat; stir in crushed cookies. Immediately pour mixture into pan; sprinkle with crystallized ginger, pressing down slightly. Cool completely overnight. Use foil to lift out of pan.
- ☐ Cut into 9 rows by 4 rows. Wrap caramels individually in waxed paper. Store up to 1 week.

Nutrition Facts



Properties

Glycemic Index:2.89, Glycemic Load:7.83, Inflammation Score:-1, Nutrition Score:0.94086956621512%

Nutrients (% of daily need)

Calories: 135.67kcal (6.78%), Fat: 7.01g (10.79%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 18.79g (6.83%), Sugar: 17.44g (19.38%), Cholesterol: 19.85mg (6.62%), Sodium: 85.96mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin A: 248.91IU (4.98%), Manganese: 0.04mg (1.89%), Vitamin B2: 0.03mg (1.86%), Vitamin D: 0.23µg (1.55%), Vitamin E: 0.2mg (1.35%), Calcium: 11.3mg (1.13%)