



Hazelnut Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



185 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons butter cut into chunks
- ☐ 0.3 cup hazelnut-flavor liqueur
- ☐ 0.5 cup hazelnuts
- ☐ 0.8 cup sugar
- ☐ 0.5 cup whipping cream

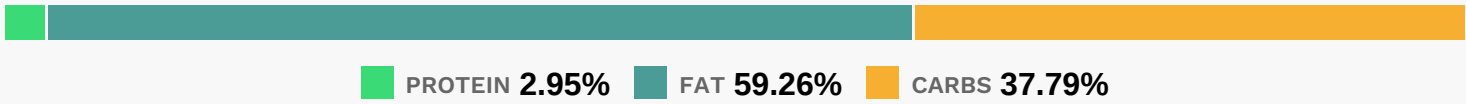
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Put hazelnuts in an 8- or 9-inch pan.
- ☐ Bake in a 350 oven until nuts are golden under skins, 15 to 20 minutes.
- ☐ Pour onto a clean towel and, when cool enough to touch, rub nuts with fabric to loosen skins. Lift nuts from towel; discard skins. Coarsely chop nuts.
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, combine sugar and butter. Shake pan frequently to mix until sugar and butter are melted and amber colored, about 5 minutes; watch carefully.
- ☐ Off the heat, add whipping cream (mixture foams); stir until caramel is smoothly mixed with cream. Stir in chopped nuts and liqueur.
- ☐ Return sauce to medium heat and stir until boiling vigorously. Use sauce hot or cool.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:11.71, Inflammation Score:-3, Nutrition Score:3.1734782768332%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 184.54kcal (9.23%), Fat: 12.64g (19.44%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 17.48g (6.36%), Sugar: 17.31g (19.23%), Cholesterol: 14.94mg (4.98%), Sodium: 47.74mg (2.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Manganese: 0.41mg (20.62%), Vitamin E: 1.27mg (8.44%), Vitamin A: 362.63IU (7.25%), Copper: 0.12mg (5.86%), Vitamin B1: 0.05mg (3.07%), Magnesium: 11.93mg (2.98%), Phosphorus: 28.08mg (2.81%), Fiber: 0.65g (2.59%), Vitamin B2: 0.04mg (2.19%), Vitamin B6: 0.04mg (2.13%), Folate: 8.11µg (2.03%), Iron: 0.33mg (1.86%), Calcium: 17.89mg (1.79%), Potassium: 60.19mg (1.72%), Vitamin D: 0.21µg (1.41%), Zinc: 0.2mg (1.31%), Vitamin K: 1.37µg (1.3%)