



Hazelnut-Coffee Caramels

 Gluten Free

READY IN



145 min.

SERVINGS



48

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup hazelnuts chopped (filberts)
- ☐ 0.8 cup butter
- ☐ 2 cups brown sugar packed
- ☐ 1 cup plus
- ☐ 2 tablespoons espresso powder dry instant ()
- ☐ 1 tablespoon dave's vanilla and coffee syrup (coffee flavoring)
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 1 serving general foods international suisse mocha cafe

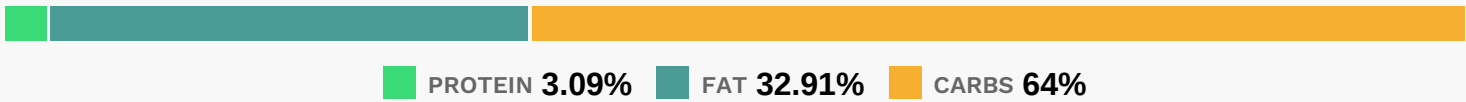
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Line 8-inch square pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan. Butter foil that lines bottom and sides of pan.
- ☐ Sprinkle hazelnuts in pan.
- ☐ In heavy 3-quart saucepan, heat butter, brown sugar, corn syrup, dry coffee, hazelnut syrup and milk to boiling. Cook over medium heat, stirring frequently, to 245°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.
- ☐ Pour into pan. Cool completely, about 2 hours.
- ☐ Remove mixture from pan, using foil edges to lift.
- ☐ Cut into 8 rows by 6 rows, separating caramels as they are cut.
- ☐ Garnish with coffee beans. Wrap pieces individually in plastic wrap or waxed paper.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:4.07, Inflammation Score:-1, Nutrition Score:1.4721739091303%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 121.18kcal (6.06%), Fat: 4.6g (7.08%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 19.94g (7.25%), Sugar: 19.45g (21.61%), Cholesterol: 2.92mg (0.97%), Sodium: 51.32mg (2.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.53mg (4.51%), Protein: 0.97g (1.94%), Manganese: 0.09mg (4.59%), Calcium: 35.66mg (3.57%), Vitamin A: 149.2IU (2.98%), Phosphorus: 27.5mg (2.75%), Vitamin B2: 0.04mg (2.33%), Selenium: 1.47µg (2.09%), Vitamin E: 0.31mg (2.08%), Potassium: 63.27mg (1.81%), Magnesium: 6.78mg (1.69%), Copper: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.35%), Zinc: 0.15mg (1.03%)