



## Homemade Caramel Sauce



Vegetarian



Gluten Free

READY IN



14 min.

SERVINGS



11

CALORIES



193 kcal

SAUCE

### Ingredients

- ☐ 0.3 cup butter cut into pieces
- ☐ 1.3 cups sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 0.8 cup whipping cream

### Equipment

- ☐ frying pan
- ☐ sauce pan

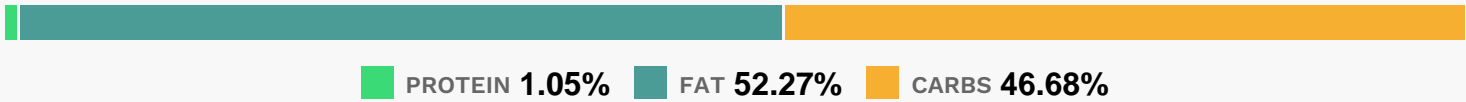
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pastry brush

## Directions

- ☐ Combine sugar and water in a large heavy saucepan; cook over medium–low heat, stirring often, until sugar dissolves. Increase heat to medium–high, and boil gently, without stirring, until syrup turns a deep amber color, occasionally brushing down sides of pan with a wet pastry brush and swirling pan (about 8 minutes). (Swirling the pan, instead of stirring, promotes more even cooking.) Gradually add cream (sauce will bubble vigorously).
- ☐ Add butter; stir gently until smooth.
- ☐ Remove from heat, and stir in vanilla.

## Nutrition Facts



## Properties

Glycemic Index:10.92, Glycemic Load:15.87, Inflammation Score:-2, Nutrition Score:0.96608695744172%

## Nutrients (% of daily need)

Calories: 192.52kcal (9.63%), Fat: 11.51g (17.71%), Saturated Fat: 7.27g (45.42%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 23.12g (8.41%), Sugar: 23.18g (25.76%), Cholesterol: 33.13mg (11.04%), Sodium: 49.21mg (2.14%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 0.52g (1.04%), Vitamin A: 410.44IU (8.21%), Vitamin B2: 0.04mg (2.2%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.26µg (1.73%), Calcium: 12.82mg (1.28%), Phosphorus: 11.07mg (1.11%)