



Homemade Chocolate-Dipped Caramels

 Gluten Free

READY IN



635 min.

SERVINGS



100

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter
- ☐ 1 cup plus dark
- ☐ 12 oz semisweet chocolate morsels
- ☐ 2 tablespoons shortening
- ☐ 1 cup sugar
- ☐ 14 oz condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

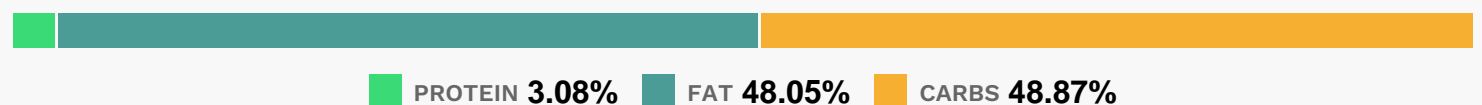
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ wax paper
- ☐ cutting board
- ☐ candy thermometer
- ☐ dough scraper

Directions

- ☐ Bring first 3 ingredients to a boil in a 3-qt. saucepan over medium heat; cook, without stirring, 7 minutes.
- ☐ Stir in condensed milk, and bring to a boil over medium heat; cook, stirring constantly, until a candy thermometer registers 238 to 240 (soft ball stage), about 20 to 25 minutes.
- ☐ Remove from heat, and stir in vanilla.
- ☐ Pour into a buttered 8-inch square pan.
- ☐ Let stand at room temperature 8 hours.
- ☐ Invert caramel onto a cutting board; cut into 1-inch squares using a bench scraper or knife.
- ☐ Cook chocolate and shortening in a saucepan over medium heat 3 to 5 minutes until melted and smooth.
- ☐ Remove from heat. Toss caramels in chocolate mixture, in batches, until thoroughly coated, using a fork.
- ☐ Transfer to wax paper.
- ☐ Sprinkle with crystallized ginger or coarse sea salt, if desired. Chill 1 hour.
- ☐ Let stand at room temperature 30 to 45 minutes before serving. Store leftovers in refrigerator up to 5 days.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:5.1, Inflammation Score:-1, Nutrition Score:0.92913044487005%

Nutrients (% of daily need)

Calories: 68.54kcal (3.43%), Fat: 3.75g (5.77%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.31g (3.02%), Sugar: 8.06g (8.95%), Cholesterol: 6.43mg (2.14%), Sodium: 25.3mg (1.1%), Alcohol: 0.01g (100%), Alcohol %: 0.11% (100%), Protein: 0.54g (1.08%), Manganese: 0.05mg (2.44%), Copper: 0.05mg (2.25%), Phosphorus: 19.81mg (1.98%), Magnesium: 7.34mg (1.84%), Calcium: 14.57mg (1.46%), Selenium: 1.01µg (1.44%), Vitamin A: 69.03IU (1.38%), Iron: 0.24mg (1.32%), Vitamin B2: 0.02mg (1.16%), Fiber: 0.27g (1.09%), Potassium: 36.16mg (1.03%)