

Homemade Condensed Milk

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



5

CALORIES



737 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup butter
- 4 cups nonfat milk powder dry
- 1 cup water boiling
- 2 cups sugar white

Equipment

- blender

Directions

- Pour boiling water into blender container.
- Add margarine and sugar. Blend until combined.
- Add the dry milk powder 1 cup at a time, blending after each addition. Store in refrigerator and use where a recipe calls for sweetened condensed milk, 1 1/3 cups equals one 14 ounce can.

Nutrition Facts

PROTEIN 18.6% **FAT 12.17%** **CARBS 69.23%**

Properties

Glycemic Index:14.02, Glycemic Load:55.85, Inflammation Score:-9, Nutrition Score:31.22347813456%

Nutrients (% of daily need)

Calories: 737.13kcal (36.86%), Fat: 10.13g (15.59%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 129.7g (43.23%), Net Carbohydrates: 129.7g (47.16%), Sugar: 129.76g (144.18%), Cholesterol: 19.2mg (6.4%), Sodium: 623.8mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.71%), Calcium: 1215.22mg (121.52%), Phosphorus: 931.89mg (93.19%), Vitamin B2: 1.51mg (88.67%), Vitamin D: 10.56µg (70.4%), Vitamin B12: 3.88µg (64.67%), Vitamin A: 2497.83IU (49.96%), Potassium: 1724.77mg (49.28%), Selenium: 26.69µg (38.13%), Vitamin B5: 3.43mg (34.35%), Vitamin B1: 0.4mg (26.64%), Magnesium: 106.41mg (26.6%), Zinc: 3.93mg (26.2%), Vitamin B6: 0.35mg (17.38%), Folate: 48.11µg (12.03%), Vitamin C: 6.55mg (7.94%), Vitamin B3: 0.92mg (4.58%), Copper: 0.05mg (2.63%), Vitamin E: 0.35mg (2.35%), Iron: 0.35mg (1.93%), Manganese: 0.02mg (1.12%)