



Hot Caramel Sauce

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



5

CALORIES



628 kcal

SAUCE

Ingredients

- ☐ 1.5 cups firmly brown sugar light packed
- ☐ 0.8 cup butter
- ☐ 5 servings garnish: pecans chopped
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup whipping cream

Equipment

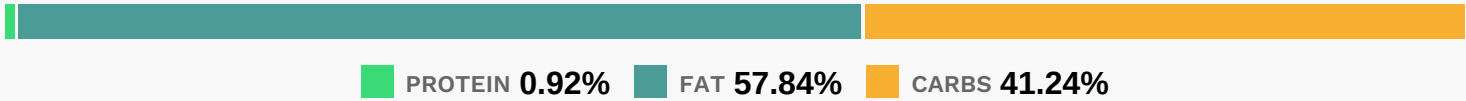
- ☐ bowl
- ☐ sauce pan

☐ microwave

Directions

- ☐ Cook brown sugar and butter in a heavy 2-qt. saucepan over medium heat, stirring constantly, 3 to 4 minutes or until butter is melted and mixture is smooth.
- ☐ Gradually stir in whipping cream. Bring mixture to a boil over medium heat, stirring constantly; boil, stirring constantly, 3 minutes.
- ☐ Remove from heat; stir in vanilla. Cool 10 minutes before serving.
- ☐ Garnish, if desired.
- ☐ Note: To make ahead, prepare recipe as directed. Cover and chill up to 1 week. Reheat in a microwave-safe bowl at MEDIUM-HIGH (70% power) 3 to 4 minutes or until bubbly, stirring at 1-minute intervals. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:3.8969565668832%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 627.84kcal (31.39%), Fat: 41.22g (63.42%), Saturated Fat: 25.77g (161.09%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 66.03g (24.01%), Sugar: 65.32g (72.58%), Cholesterol: 113.55mg (37.85%), Sodium: 247.2mg (10.75%), Alcohol: 0.55g (100%), Alcohol %: 0.5% (100%), Protein: 1.48g (2.95%), Vitamin A: 1376.26IU (27.53%), Calcium: 87.39mg (8.74%), Vitamin E: 1.13mg (7.55%), Vitamin B2: 0.08mg (4.79%), Manganese: 0.09mg (4.56%), Potassium: 136.34mg (3.9%), Vitamin D: 0.57µg (3.81%), Phosphorus: 34.38mg (3.44%), Vitamin K: 3.56µg (3.39%), Selenium: 2.24µg (3.2%), Iron: 0.54mg (2.99%), Magnesium: 10.52mg (2.63%), Copper: 0.05mg (2.4%), Vitamin B5: 0.22mg (2.25%), Vitamin B6: 0.04mg (2.15%), Vitamin B12: 0.12µg (1.92%), Zinc: 0.18mg (1.22%), Vitamin B1: 0.02mg (1.04%)