



Lemon and Rosemary Caramels

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



36

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 tablespoons butter
- 1 cup whipping cream
- 0.3 teaspoon salt
- 2 teaspoons rosemary leaves fresh finely chopped
- 2 teaspoons lemon zest grated
- 1.5 cups sugar
- 0.3 cup plus light
- 0.3 cup water

Equipment

- frying pan
- sauce pan
- baking paper
- whisk
- kitchen thermometer
- candy thermometer

Directions

- Line 9-inch square pan with parchment paper. Spray with cooking spray.
- In 1-quart saucepan, heat butter, whipping cream and salt to boiling.
- Remove from heat. Stir in rosemary and lemon peel; set aside.
- In 3-quart saucepan, mix sugar, corn syrup and water.
- Heat to boiling over medium-high heat. DO NOT STIR. Boil until sugar turns a light golden amber color and candy thermometer reads 310°F.
- Add cream mixture. Beat with whisk until thermometer reads 248°F.
- Pour into pan; cool 10 minutes. If desired, garnish with additional rosemary and lemon peel.
- Cool completely; cut into squares.

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:6.16, Inflammation Score:-1, Nutrition Score:0.38130435145096%

Nutrients (% of daily need)

Calories: 75.26kcal (3.76%), Fat: 4g (6.15%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 10.31g (3.75%), Sugar: 10.33g (11.48%), Cholesterol: 11.65mg (3.88%), Sodium: 32.08mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin A: 145.99IU (2.92%)