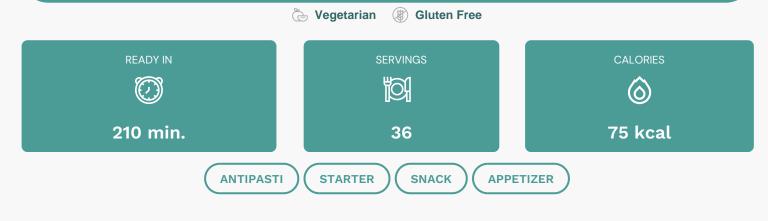


Lemon and Rosemary Caramels



Ingredients

5 tablespoons butter
1 cup whipping cream
O.3 teaspoon salt
2 teaspoons rosemary leaves fresh finely chopped
2 teaspoons lemon zest grated
1.5 cups sugar
O.3 cup plus light
0.3 cup water

Equipment		
	frying pan	
	sauce pan	
	baking paper	
	whisk	
	kitchen thermometer	
	candy thermometer	
Diı	rections	
	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	
	PROTEIN 1.06% FAT 46.05% CARBS 52.89%	

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: Og (100%), Alcohol %: O% (100%), Protein: 0.21g (0.41%), Vitamin A: 145.99IU (2.92%)