



## Levana's Dairy-Free Caramel Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



386 kcal

SAUCE

### Ingredients

- ☐ 0.3 cup agave syrup
- ☐ 3 tablespoons brandy
- ☐ 1 cup brown sugar
- ☐ 0.5 cup rice milk powder
- ☐ 1 pinch salt
- ☐ 0.8 cup soy milk
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup water

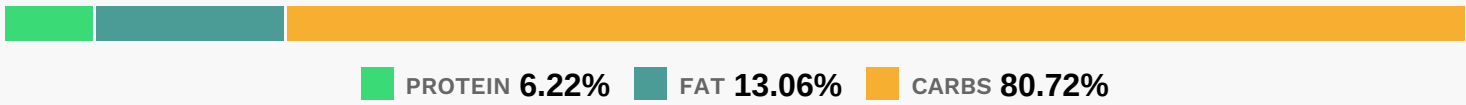
# Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

# Directions

- ☐ Bring the first three ingredients to boil in a small saucepan, stirring. When it comes to a boil, stop stirring, and cook on a low flame until thick and a deep amber color, 2–3 minutes.
- ☐ Whisk the non-dairy milk and the powder in a mixing bowl until perfectly smooth. Carefully (to avoid splattering) add the soy mixture to the sauce pan, with the brandy, rum and salt, and cook another 3 minutes, whisking until smooth.
- ☐ Transfer the mixture to a glass jar, and keep refrigerated.

# Nutrition Facts



# Properties

Glycemic Index:27.1, Glycemic Load:4.79, Inflammation Score:-3, Nutrition Score:8.1956520521122%

# Nutrients (% of daily need)

Calories: 386.24kcal (19.31%), Fat: 5.22g (8.03%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 72.54g (24.18%), Net Carbohydrates: 72.34g (26.3%), Sugar: 70.37g (78.19%), Cholesterol: 15.52mg (5.17%), Sodium: 108.52mg (4.72%), Alcohol: 4.88g (100%), Alcohol %: 3.79% (100%), Protein: 5.59g (11.18%), Calcium: 254.61mg (25.46%), Vitamin B2: 0.31mg (18.02%), Vitamin B12: 1µg (16.63%), Vitamin D: 2.21µg (14.74%), Phosphorus: 127.14mg (12.71%), Vitamin B6: 0.21mg (10.36%), Potassium: 353.93mg (10.11%), Vitamin E: 1.34mg (8.95%), Vitamin B3: 1.73mg (8.65%), Vitamin C: 6.9mg (8.36%), Vitamin A: 323.34IU (6.47%), Selenium: 4.52µg (6.46%), Folate: 24.75µg (6.19%), Vitamin B1: 0.09mg (6.03%), Copper: 0.1mg (5.11%), Magnesium: 19.27mg (4.82%), Zinc: 0.67mg (4.46%), Vitamin B5: 0.44mg (4.37%), Iron: 0.7mg (3.91%), Vitamin K: 3.45µg (3.28%), Manganese: 0.05mg (2.59%)