



Nana's Christmas Caramels



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



848 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 1 cup plus light
- ☐ 2 cups granulated sugar
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

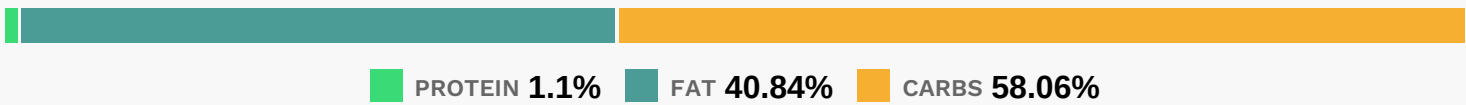
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ wax paper
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Melt butter in Dutch oven; use a brush and some of the melted butter to grease a heavy-duty foil-lined 9"x9" pan; set aside.
- ☐ Add milk and next 4 ingredients to Dutch oven. Cook, stirring constantly, over medium high heat 35 to 38 minutes until mixture reaches firm-ball stage (250 degrees).
- ☐ Remove from heat and stir in vanilla. Quickly pour caramel into prepared pan.
- ☐ Let stand at room temperature or in the refrigerator until firm.
- ☐ Lift out caramel and invert onto a cutting board; remove foil.
- ☐ Cut into 1"x1" squares; wrap each square with wax paper and twist ends.

Nutrition Facts



Properties

Glycemic Index:25.3, Glycemic Load:47.63, Inflammation Score:-6, Nutrition Score:4.4639130260633%

Nutrients (% of daily need)

Calories: 847.96kcal (42.4%), Fat: 39.97g (61.49%), Saturated Fat: 25.14g (157.1%), Carbohydrates: 127.84g (42.61%), Net Carbohydrates: 127.84g (46.49%), Sugar: 127.69g (141.88%), Cholesterol: 112.32mg (37.44%), Sodium: 270.57mg (11.76%), Alcohol: 0.2g (100%), Alcohol %: 0.1% (100%), Protein: 2.42g (4.85%), Vitamin A: 1366.66IU (27.33%), Calcium: 106.15mg (10.62%), Vitamin B2: 0.13mg (7.91%), Vitamin E: 1.08mg (7.22%), Phosphorus: 64mg (6.4%), Vitamin D: 0.93µg (6.18%), Vitamin B12: 0.3µg (4.96%), Selenium: 3.07µg (4.38%), Potassium: 136.64mg (3.9%), Vitamin B1: 0.06mg (3.78%), Vitamin K: 3.46µg (3.3%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.29mg (2.94%), Magnesium: 10.6mg (2.65%), Vitamin B6: 0.05mg (2.36%), Iron: 0.29mg (1.63%), Manganese: 0.03mg (1.27%), Copper: 0.02mg (1.16%)