



Orange-Caramel Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



417 kcal

SAUCE

Ingredients

- ☐ 0.5 cup orange juice
- ☐ 0.5 cup sugar
- ☐ 1 cup whipping cream

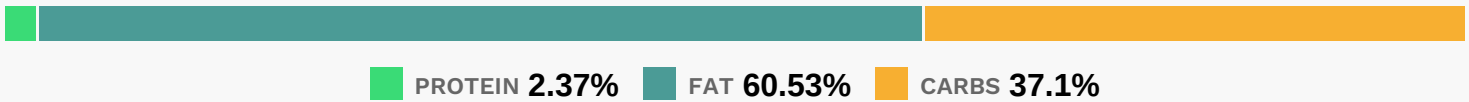
Equipment

- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ In a 12-inch frying pan or 5- to 6-quart pan, mix 1/2 cup sugar and 1/2 cup orange juice. Cook over high heat, shaking pan often, until mixture is amber colored and very bubbly, about 8 minutes; do not scorch.
- ☐ Remove from heat and add 1 cup whipping cream (mixture will bubble). Return pan to medium heat and stir until caramel is smooth; increase heat and boil vigorously, stirring occasionally, until mixture coats spoon in a thin, even layer, 1 to 2 minutes; sauce thickens when cool.
- ☐ Serve warm or cool. If sauce is thicker than desired, stir in a few more tablespoons whipping cream or reheat in a microwave oven at half power (50%) until warm.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:25.46, Inflammation Score:-6, Nutrition Score:5.1513043071913%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 416.67kcal (20.83%), Fat: 28.83g (44.35%), Saturated Fat: 18.26g (114.1%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 39.67g (14.43%), Sugar: 39.06g (43.39%), Cholesterol: 89.65mg (29.88%), Sodium: 22.17mg (0.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin C: 21.14mg (25.63%), Vitamin A: 1248.87IU (24.98%), Vitamin B2: 0.17mg (9.88%), Vitamin D: 1.27µg (8.46%), Calcium: 57.24mg (5.72%), Phosphorus: 53.04mg (5.3%), Vitamin E: 0.75mg (4.98%), Potassium: 158.7mg (4.53%), Folate: 15.57µg (3.89%), Selenium: 2.62µg (3.74%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.28mg (2.81%), Magnesium: 10.1mg (2.53%), Vitamin K: 2.58µg (2.46%), Vitamin B6: 0.04mg (2.22%), Vitamin B12: 0.13µg (2.12%), Copper: 0.03mg (1.46%), Zinc: 0.21mg (1.43%), Vitamin B3: 0.22mg (1.08%)