



Praline Sauce

 Vegetarian  Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



181 kcal

SAUCE

Ingredients

- 1 cup firmly brown sugar packed
- 0.5 cup butter
- 0.5 cup half-and-half
- 0.5 teaspoon vanilla extract

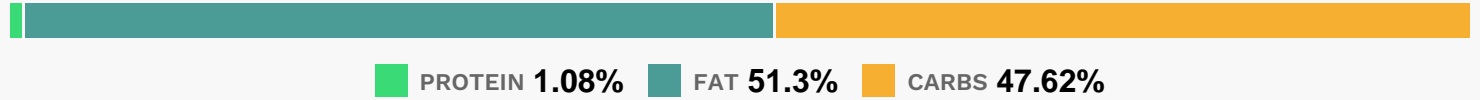
Equipment

- sauce pan

Directions

- Bring first 3 ingredients to a boil in a small saucepan over medium heat, stirring constantly. Cook, stirring constantly, 1 minute.
- Remove from heat, and stir in vanilla; cool slightly (about 10 minutes).
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.0878261036199%

Nutrients (% of daily need)

Calories: 181.41kcal (9.07%), Fat: 10.6g (16.3%), Saturated Fat: 6.68g (41.78%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 22.13g (8.05%), Sugar: 21.87g (24.3%), Cholesterol: 28.64mg (9.55%), Sodium: 86.54mg (3.76%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Protein: 0.5g (1%), Vitamin A: 326.47IU (6.53%), Calcium: 33.95mg (3.4%), Vitamin E: 0.29mg (1.96%), Vitamin B2: 0.03mg (1.62%), Phosphorus: 15.11mg (1.51%), Potassium: 48.25mg (1.38%), Selenium: 0.76µg (1.09%)