



## Pumpkin Spice Caramel Lollipops

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 85 g plus light
- 0.3 cup cup heavy whipping cream
- 50 g brown sugar light
- 0.5 teaspoon salt
- 150 g sugar
- 2 tablespoons butter unsalted cut into 1-in pieces room temperature
- 0.5 teaspoon vanilla extract

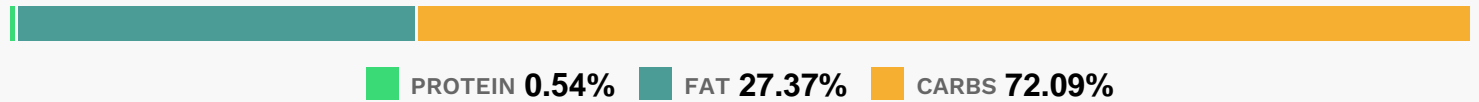
### Equipment

- sauce pan
- lollipop sticks

## Directions

- Spray lollipop molds lightly with nonstick cooking spray.
- Place lollipop sticks in the molds.
- Combine sugars, corn syrup, and salt in a large, heavy saucepan. Bring to a boil over medium-high heat. Continue cooking until the mixture reaches 310°F, hard crack stage. Immediately remove saucepan from heat. While sugar is cooking, heat cream, spices, and vanilla in a separate small saucepan just to a boil. Turn heat down to low just to keep cream warm.
- Remove cooking sugar from heat and add cream slowly; be careful as the mixture will boil up vigorously and settle back down.
- Add the butter a few pieces at a time, stirring to fully melt and incorporate. Divide the mixture among the prepared molds.
- Let lollipops cool and harden, about 15 minutes, before removing from the molds.

## Nutrition Facts



## Properties

Glycemic Index:3.71, Glycemic Load:4.88, Inflammation Score:-1, Nutrition Score:0.20391304175491%

## Nutrients (% of daily need)

Calories: 59.04kcal (2.95%), Fat: 1.87g (2.87%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 11.07g (4.03%), Sugar: 11.06g (12.29%), Cholesterol: 5.31mg (1.77%), Sodium: 52.09mg (2.26%), Alcohol: 0.03g (100%), Alcohol %: 0.23% (100%), Protein: 0.08g (0.17%), Vitamin A: 65.6IU (1.31%)