



Quick Caramel Frosting

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



758 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 28 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

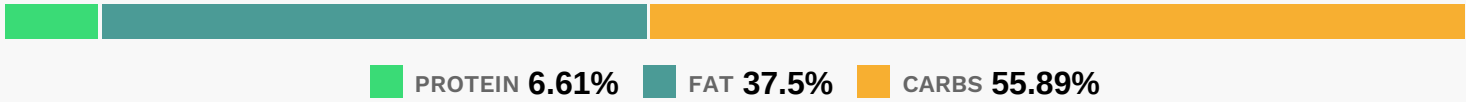
Equipment

- ☐ sauce pan

Directions

- ☐ Place all ingredients in a heavy 3-quart saucepan; bring to a boil, stirring constantly, over medium-low heat. Cook, stirring constantly, 3 to 5 minutes or until mixture reaches a pudding-like thickness.
- ☐ Remove from heat.
- ☐ Quick Caramel-Pecan Frosting: Prepare Quick Caramel Frosting as directed; remove from heat, and stir in 1 1/2 cups chopped toasted pecans.
- ☐ Quick Caramel-Coconut-Pecan Frosting: Prepare Quick Caramel Frosting as directed; stir in 1 1/2 cups sweetened flaked coconut and 1 1/2 cups chopped toasted pecans.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:52.69, Inflammation Score:-6, Nutrition Score:12.447391245676%

Nutrients (% of daily need)

Calories: 758.27kcal (37.91%), Fat: 32.22g (49.57%), Saturated Fat: 20.38g (127.4%), Carbohydrates: 108.06g (36.02%), Net Carbohydrates: 108.06g (39.29%), Sugar: 107.82g (119.8%), Cholesterol: 102.78mg (34.26%), Sodium: 353.81mg (15.38%), Alcohol: 0.28g (100%), Alcohol %: 0.17% (100%), Protein: 12.78g (25.56%), Calcium: 474.67mg (47.47%), Phosphorus: 408.03mg (40.8%), Vitamin B2: 0.67mg (39.35%), Selenium: 23.99µg (34.27%), Vitamin A: 991.16IU (19.82%), Potassium: 624.88mg (17.85%), Vitamin B5: 1.25mg (12.45%), Vitamin B12: 0.74µg (12.29%), Magnesium: 43.81mg (10.95%), Zinc: 1.52mg (10.13%), Vitamin B1: 0.14mg (9.61%), Vitamin E: 0.78mg (5.2%), Vitamin C: 4.13mg (5%), Folate: 18.36µg (4.59%), Vitamin B6: 0.09mg (4.54%), Iron: 0.46mg (2.57%), Vitamin K: 2.54µg (2.42%), Vitamin D: 0.32µg (2.12%), Vitamin B3: 0.37mg (1.85%), Copper: 0.03mg (1.74%), Manganese: 0.03mg (1.27%)