



## Rich Coffee-Caramel Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



436 kcal

SAUCE

### Ingredients

- 2 tablespoons agave nectar
- 0.3 cup almonds toasted sliced
- 2 tablespoons espresso powder dissolved into water boiling
- 2 pints vanilla yogurt frozen low-fat
- 1 cup granulated sugar
- 1 juice of lemon
- 1.5 teaspoons sea salt
- 5 tablespoons butter unsalted

- 1 tablespoon vanilla extract pure
- 8 waffle cones (such as Keebler)
- 0.3 cup water

## Equipment

- frying pan
- sauce pan
- wooden spoon
- microwave

## Directions

- Combine sugar, water and agave nectar in a heavy medium saucepan; stir well. Cover, and boil until sugar has dissolved (about 5 minutes), stirring once or twice. Cover again, and boil until bubbles are large and mixture is thick (4 minutes). Uncover, and continue boiling 6 minutes or until mixture is golden.
- Remove pan from heat; place bottom of hot pan in cold water. Carefully add the butter, vanilla, and salt (the mixture will bubble and hiss); stir with wooden spoon. Stir in lemon juice and espresso powder mixture. To use right away, let the sauce cool slightly to thicken. For later use, let stand at room temperature for up to one day. If the sauce hardens, warm in microwave until soft (about 15–25 seconds).
- To serve: Fill a waffle cone with 1/2 cup frozen yogurt.
- Drizzle 1 tablespoon sauce over the frozen yogurt; top with 1 teaspoon toasted almonds. Repeat with the remaining cones. Store leftover sauce, covered, in the refrigerator for up to a week.

## Nutrition Facts



**PROTEIN 5.92%** **FAT 32.68%** **CARBS 61.4%**

## Properties

Glycemic Index:21.39, Glycemic Load:24.35, Inflammation Score:-4, Nutrition Score:7.9121739190558%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 435.66kcal (21.78%), Fat: 16.13g (24.82%), Saturated Fat: 8.75g (54.67%), Carbohydrates: 68.19g (22.73%), Net Carbohydrates: 67.52g (24.55%), Sugar: 59.95g (66.61%), Cholesterol: 21.18mg (7.06%), Sodium: 571.22mg (24.84%), Alcohol: 0.56g (100%), Alcohol %: 0.38% (100%), Caffeine: 39.25mg (13.08%), Protein: 6.58g (13.16%), Vitamin B2: 0.37mg (21.68%), Calcium: 188.93mg (18.89%), Phosphorus: 187.68mg (18.77%), Manganese: 0.2mg (10.17%), Potassium: 345.62mg (9.87%), Vitamin A: 469.71IU (9.39%), Vitamin E: 1.38mg (9.19%), Magnesium: 34.83mg (8.71%), Vitamin B5: 0.84mg (8.4%), Vitamin B1: 0.11mg (7.38%), Selenium: 5.03µg (7.19%), Vitamin B3: 1.39mg (6.94%), Folate: 25.37µg (6.34%), Copper: 0.12mg (6.11%), Vitamin B6: 0.12mg (6.01%), Vitamin B12: 0.36µg (5.97%), Iron: 1.02mg (5.68%), Zinc: 0.71mg (4.75%), Vitamin C: 3.29mg (3.99%), Fiber: 0.67g (2.68%), Vitamin K: 2.32µg (2.21%), Vitamin D: 0.25µg (1.66%)