



Salted-Butter Caramels



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



574 kcal

SIDE DISH

Ingredients

- ☐ 10 servings coarse salt
- ☐ 1 cup plus light
- ☐ 2 cups heavy cream
- ☐ 16 tablespoons butter salted 2 sticks
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

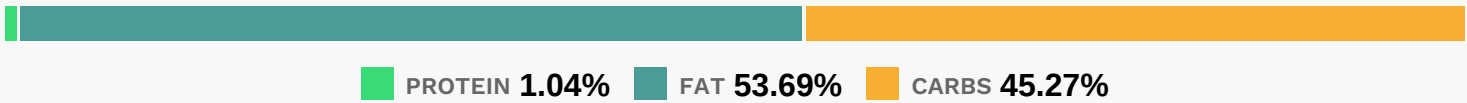
- ☐ pot

- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Line a 9-by-13-inch baking pan with heavy-duty foil, allowing ends to overhang by 1 inch.
- ☐ In a large, heavy pot, combine sugar, 1 cup cream, corn syrup and butter. Cook over medium heat, stirring, until butter has melted and sugar has dissolved. Increase heat to high and bring to a boil. Cook, without stirring, until mixture reaches 248F on a candy thermometer, 25 to 30 minutes.
- ☐ Combine remaining 1 cup cream and vanilla; carefully pour into caramel mixture (be careful, as mixture may bubble up). Cook until mixture returns to 248F on candy thermometer, about 10 minutes.
- ☐ Pour into lined baking pan.
- ☐ Sprinkle with coarse salt, if desired. Cool slightly, then cover with plastic wrap and let stand at room temperature for at least 4 hours or overnight.
- ☐ Place a sheet of parchment on a countertop and turn slab of caramel out onto parchment. Peel off foil.
- ☐ Cut slab crosswise into 10 strips, then cut each strip into 5 caramels.

Nutrition Facts



Properties

Glycemic Index:13.91, Glycemic Load:32.91, Inflammation Score:-6, Nutrition Score:3.0104347843191%

Nutrients (% of daily need)

Calories: 574.1kcal (28.71%), Fat: 35.55g (54.69%), Saturated Fat: 22.46g (140.39%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 67.44g (24.53%), Sugar: 67.56g (75.07%), Cholesterol: 101.95mg (33.98%), Sodium: 372.25mg (16.18%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 1.54g (3.08%), Vitamin A: 1259.5IU (25.19%), Vitamin E: 0.96mg (6.38%), Vitamin B2: 0.11mg (6.18%), Vitamin D: 0.76µg (5.08%), Calcium: 41.79mg (4.18%), Phosphorus: 33.01mg (3.3%), Selenium: 2.13µg (3.04%), Vitamin K: 3.09µg (2.94%), Vitamin B1: 0.03mg

(2.05%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.11µg (1.9%), Potassium: 52.37mg (1.5%), Vitamin B5: 0.15mg (1.46%),
Magnesium: 4.17mg (1.04%)