



Salted Caramel Milkshakes



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



1106 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup heavy cream
- ☐ 1 teaspoon flaky sea salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup vanilla bean ice cream
- ☐ 0.5 cup milk whole

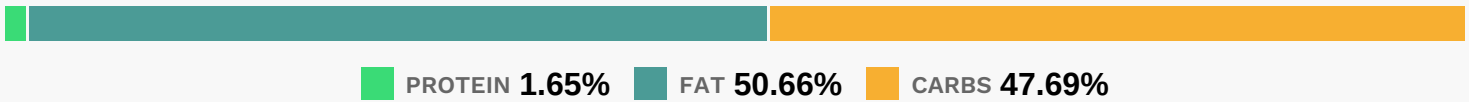
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Add 1/3 cup water to a medium saucepan and set over high heat. Carefully pour the sugar directly into the center so none of it splashes up the sides of the pot. Bring to a boil and cook until the sugar starts to turn brown. Do not stir the pot. If you need to, gently swirl the pot to help melt all the sugar. Once the sugar turns a deep brown color, remove from the heat and carefully pour in the cream, taking care as it will splutter a little.
- ☐ Add the butter, salt and vanilla. Swirl the pot until the butter dissolves completely and evenly into the caramel sauce.
- ☐ Drizzle a little of the caramel sauce into 2 tall milkshake glasses.
- ☐ Add the ice cream, milk and the remaining caramel sauce to a blender. Blend until smooth and pour into the glasses.
- ☐ Cook's Note: For an adult version of this drink add 1 1/2 ounces rum to each milkshake!

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:70.89, Inflammation Score:-7, Nutrition Score:6.4143478507581%

Nutrients (% of daily need)

Calories: 1106.3kcal (55.32%), Fat: 63.59g (97.83%), Saturated Fat: 28.85g (180.34%), Carbohydrates: 134.69g (44.9%), Net Carbohydrates: 134.69g (48.98%), Sugar: 105.48g (117.19%), Cholesterol: 138.27mg (46.09%), Sodium: 1212.65mg (52.72%), Alcohol: 0.34g (100%), Alcohol %: 0.11% (100%), Protein: 4.66g (9.31%), Vitamin A: 1760.65IU (35.21%), Vitamin B2: 0.28mg (16.28%), Vitamin D: 2.31µg (15.39%), Calcium: 139.13mg (13.91%), Phosphorus: 116.79mg (11.68%), Vitamin B12: 0.5µg (8.27%), Vitamin E: 1.18mg (7.84%), Selenium: 4.58µg (6.54%), Potassium: 183.37mg (5.24%), Vitamin B5: 0.47mg (4.71%), Vitamin K: 4.02µg (3.83%), Vitamin B1: 0.05mg (3.52%), Magnesium: 14mg (3.5%), Vitamin B6: 0.07mg (3.46%), Zinc: 0.49mg (3.27%), Copper: 0.02mg (1.06%)