

Salted Chocolate Caramels

Gluten Free

READY IN

SERVINGS

CALORIES

O

300 min.

64

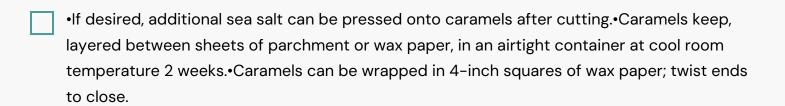
209 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

10.5 oz bittersweet chocolate 60% finely chopped (no more than cacao if marked)
0.5 cup plus light
2 cups cup heavy whipping cream
0.3 teaspoon salt
2 teaspoons sea salt
1.8 cups sugar
3 tablespoons butter unsalted cut into tablespoon pieces
64 servings vegetable oil for greasing

	0.3 cup water	
Equipment		
	frying pan	
	sauce pan	
	knife	
	pot	
	baking pan	
	kitchen thermometer	
	wax paper	
	cutting board	
Directions		
	Line bottom and sides of an 8-inch straight-sided square metal baking pan with 2 long sheets of crisscrossed parchment.	
	Bring cream just to a boil in a 1- to 11/2-quart heavy saucepan over moderately high heat, then reduce heat to low and add chocolate.	
	Let stand 1 minute, then stir until chocolate is completely melted.	
	Remove from heat.	
	Bring sugar, corn syrup, water, and salt to a boil in a 5- to 6-quart heavy pot over moderate heat, stirring until sugar is dissolved. Boil, uncovered, without stirring but gently swirling pan occasionally, until sugar is deep golden, about 10 minutes. Tilt pan and carefully pour in chocolate mixture (mixture will bubble and steam vigorously). Continue to boil over moderate heat, stirring frequently, until mixture registers 255°F on thermometer, about 15 minutes.	
	Add butter, stirring until completely melted, then immediately pour into lined baking pan (do not scrape any caramel clinging to bottom or side of saucepan).	
	Let caramel stand 10 minutes, then sprinkle evenly with sea salt. Cool completely in pan on a rack, about 2 hours.	
	Carefully invert caramel onto a clean, dry cutting board, then peel off parchment. Turn caramel salt side up. Lightly oil blade of a large heavy knife and cut into 1-inch squares.	



Nutrition Facts

PROTEIN 0.94% FAT 80.08% CARBS 18.98%

Properties

Glycemic Index:1.39, Glycemic Load:4.21, Inflammation Score:-1, Nutrition Score:2.453913067508%

Nutrients (% of daily need)

Calories: 209.28kcal (10.46%), Fat: 19.02g (29.26%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.77g (3.55%), Sugar: 9.43g (10.48%), Cholesterol: 10.09mg (3.36%), Sodium: 86.05mg (3.74%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 4mg (1.33%), Protein: 0.5g (1%), Vitamin K: 26.36µg (25.11%), Vitamin E: 1.26mg (8.38%), Manganese: 0.06mg (3.11%), Copper: 0.06mg (2.98%), Vitamin A: 128.06IU (2.56%), Magnesium: 8.76mg (2.19%), Iron: 0.31mg (1.71%), Phosphorus: 16.56mg (1.66%), Fiber: 0.37g (1.49%), Zinc: 0.15mg (1.03%), Vitamin B2: 0.02mg (1.03%)