

# Salted Chocolate Caramels

 **Gluten Free**

READY IN



**300 min.**

SERVINGS



**64**

CALORIES



**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 1 1/2-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.

- If desired, additional sea salt can be pressed onto caramels after cutting. •Caramels keep, layered between sheets of parchment or wax paper, in an airtight container at cool room temperature 2 weeks. •Caramels can be wrapped in 4-inch squares of wax paper; twist ends to close.

## 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: 0g (100%), Alcohol %: 0% (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%)