



Salted Whiskey Caramels

 Vegetarian

READY IN



210 min.

SERVINGS



36

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tablespoons butter
- ☐ 1 tablespoon sea salt
- ☐ 0.3 cup plus light
- ☐ 0.3 cup honey-flavored whiskey
- ☐ 0.3 teaspoon kosher salt (coarse)
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water

☐ 1 cup whipping cream

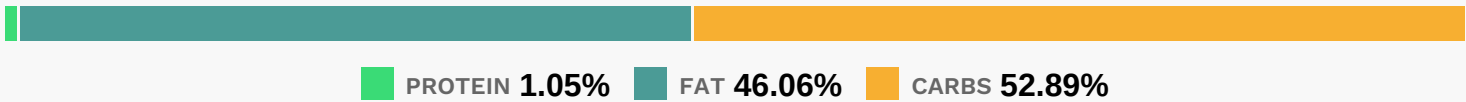
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ kitchen thermometer
- ☐ candy thermometer

Directions

- ☐ Line 9-inch square pan with parchment paper; spray with cooking spray.
- ☐ In 1-quart saucepan, heat butter, whipping cream, whiskey, vanilla and salt to boiling, stirring frequently.
- ☐ Remove from heat; set aside.
- ☐ In 3-quart saucepan, mix sugar, corn syrup and water.
- ☐ Heat to boiling over medium-high heat. DO NOT STIR. Boil until sugar turns a light golden amber color and candy thermometer reads 310F.
- ☐ When sugar mixture reaches 310F, add cream mixture. Beating with whisk, cook until thermometer reads 248F.
- ☐ Pour caramel into pan; cool 10 minutes.
- ☐ Sprinkle with sea salt; cool completely.
- ☐ Cut into squares; wrap individually in parchment paper.

Nutrition Facts



Properties

Glycemic Index:4.28, Glycemic Load:6.16, Inflammation Score:-1, Nutrition Score:0.37434782938141%

Nutrients (% of daily need)

Calories: 79.62kcal (3.98%), Fat: 3.99g (6.15%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 10.32g (3.75%), Sugar: 10.35g (11.49%), Cholesterol: 11.65mg (3.88%), Sodium: 225.87mg (9.82%), Alcohol: 0.63g (100%), Alcohol %: 3.43% (100%), Protein: 0.2g (0.41%), Vitamin A: 145.77IU (2.92%)