



## Soft-and-Chewy Caramels

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup butter
- ☐ 1 cup plus light
- ☐ 16 ounce brown sugar light
- ☐ 14 ounce condensed milk sweetened canned

## Equipment

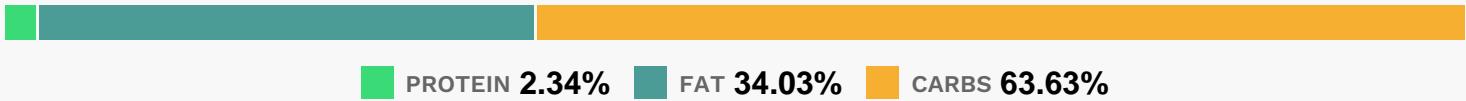
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap

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

## Directions

- ☐ Line an 8-inch square baking pan with foil, extending foil over edges of pan. Generously coat foil with cooking spray; set aside.
- ☐ Melt 1 cup butter in a 3-quart sauce-pan over low heat. Stir in brown sugar, condensed milk, and corn syrup until smooth. Bring mixture to a boil. Cook over medium heat, stirring often, until a candy thermometer registers 23
- ☐ Remove mixture from heat; stir by hand 1 minute or until mixture is smooth and no longer bubbling. Quickly pour mixture into prepared pan; let stand 3 hours or until cool.
- ☐ Lift foil and caramel out of pan.
- ☐ Cut caramels into 1-inch pieces with a buttered knife. Wrap each piece with plastic wrap.

## Nutrition Facts



## Properties

Glycemic Index:2.03, Glycemic Load:2.84, Inflammation Score:-1, Nutrition Score:0.69043477397898%

## Nutrients (% of daily need)

Calories: 87.35kcal (4.37%), Fat: 3.43g (5.27%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 14.42g (5.24%), Sugar: 14.34g (15.94%), Cholesterol: 9.73mg (3.24%), Sodium: 35.97mg (1.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Calcium: 25.04mg (2.5%), Vitamin A: 105.19IU (2.1%), Phosphorus: 16.82mg (1.68%), Vitamin B2: 0.03mg (1.59%), Selenium: 1.08µg (1.54%)