



## Soft Apple-Cider Caramels

 Vegetarian  Gluten Free

READY IN



165 min.

SERVINGS



1

CALORIES



8530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 quarts apple cider
- ☐ 1 stick butter unsalted diced cold
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup plus light
- ☐ 1 pinch ground allspice
- ☐ 1 pinch ground cloves
- ☐ 3 cups cup heavy whipping cream
- ☐ 1.5 teaspoons kosher salt

- ☐ 1 serving cooking oil such as canola or grapeseed, for brushing neutral
- ☐ 4 cups sugar
- ☐ 0.5 cup condensed milk sweetened
- ☐ 0.3 cup water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ candy thermometer

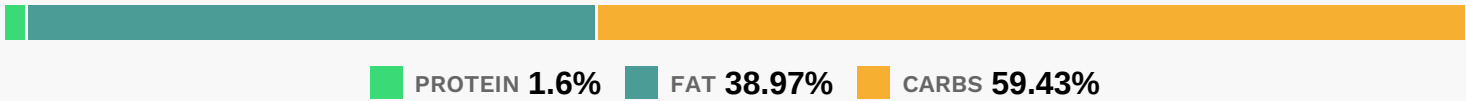
## Directions

- ☐ In a large saucepan, simmer the apple cider over moderate heat, stirring occasionally, until reduced to 1 cup, about 1 hour.
- ☐ Pour the reduced cider into a bowl.
- ☐ Line a 9-by-13-inch rimmed pan with foil and coat the foil with nonstick cooking spray. In a medium saucepan, combine the heavy cream and condensed milk and bring to a simmer over moderate heat; keep the mixture warm over low heat.
- ☐ In another large saucepan, combine the sugar with the reduced apple cider, corn syrup, water and salt and bring to a boil. Simmer over moderate heat until the sugar dissolves, about 5 minutes. Carefully whisk in the butter until melted. Gradually whisk in the warm cream mixture until incorporated. Cook over moderately low heat, stirring frequently, until a golden caramel forms and the temperature reaches 245 on a candy thermometer, about 45 minutes. Stir in the cinnamon, allspice and cloves and scrape the caramel into the prepared pan.
- ☐ Let cool completely, then refrigerate the caramel overnight.
- ☐ Lightly brush a sheet of parchment paper with oil. Invert the caramel onto the parchment and peel off the foil. Using a sharp knife, cut the caramel into 1-inch-wide strips, then cut the

block crosswise into 1/2-inch rectangles. Wrap each caramel in a square of parchment paper or a candy wrapper and twist the ends to seal.

☐ Serve or pack the caramels into boxes.

## Nutrition Facts



## Properties

Glycemic Index:210.84, Glycemic Load:732.22, Inflammation Score:-10, Nutrition Score:52.93782619808%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg Epicatechin: 89.15mg, Epicatechin: 89.15mg, Epicatechin: 89.15mg, Epicatechin: 89.15mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

## Nutrients (% of daily need)

Calories: 8530.39kcal (426.52%), Fat: 382.29g (588.14%), Saturated Fat: 232.12g (1450.78%), Carbohydrates: 1311.68g (437.23%), Net Carbohydrates: 1307.29g (475.38%), Sugar: 1281.07g (1423.41%), Cholesterol: 1101.79mg (367.26%), Sodium: 4133.5mg (179.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.58%), Vitamin A: 13751.3IU (275.03%), Vitamin B2: 2.49mg (146.57%), Calcium: 1141.45mg (114.15%), Phosphorus: 961.79mg (96.18%), Potassium: 3211.38mg (91.75%), Vitamin D: 13.43µg (89.5%), Manganese: 1.7mg (85.16%), Vitamin E: 12.11mg (80.71%), Selenium: 53.73µg (76.76%), Vitamin B1: 0.84mg (55.67%), Magnesium: 191.02mg (47.76%), Vitamin B5: 4.02mg (40.24%), Vitamin K: 42.11µg (40.11%), Vitamin B6: 0.67mg (33.72%), Vitamin B12: 2.01µg (33.46%), Zinc: 4.87mg (32.5%), Vitamin C: 25.41mg (30.8%), Iron: 3.84mg (21.32%), Copper: 0.42mg (20.99%), Fiber: 4.39g (17.57%), Folate: 48.94µg (12.23%), Vitamin B3: 2.23mg (11.14%)