



## The Best Ever Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



430 kcal

SAUCE

### Ingredients

- 1 slices apples
- 1 cup firmly brown sugar light packed
- 0.5 cup butter
- 1 tablespoon vanilla extract
- 0.5 cup whipping cream

### Equipment

- sauce pan

## Directions

- Cook butter and brown sugar in a heavy saucepan over medium heat, stirring occasionally, until sugar melts.
- Stir in 1/2 cup whipping cream, stirring occasionally. Bring to a boil, stirring occasionally.
- Remove from heat. Stir in vanilla.
- Serve with apple slices.

## Nutrition Facts

 **PROTEIN 0.91%**  **FAT 55.58%**  **CARBS 43.51%**

## Properties

Glycemic Index:6.4, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:2.9847825402799%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 430.16kcal (21.51%), Fat: 26.9g (41.39%), Saturated Fat: 9.27g (57.95%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 46.86g (17.04%), Sugar: 45.97g (51.08%), Cholesterol: 26.89mg (8.96%), Sodium: 233.26mg (10.14%), Alcohol: 0.89g (100%), Alcohol %: 0.99% (100%), Protein: 0.99g (1.98%), Vitamin A: 1173.61IU (23.47%), Vitamin E: 0.96mg (6.41%), Calcium: 60.63mg (6.06%), Vitamin B2: 0.06mg (3.6%), Potassium: 117.84mg (3.37%), Vitamin D: 0.38µg (2.54%), Phosphorus: 23.34mg (2.33%), Manganese: 0.04mg (2.1%), Fiber: 0.52g (2.09%), Iron: 0.37mg (2.03%), Magnesium: 7.71mg (1.93%), Vitamin B6: 0.04mg (1.9%), Selenium: 1.24µg (1.77%), Copper: 0.03mg (1.55%), Vitamin B5: 0.15mg (1.52%), Vitamin C: 1.19mg (1.44%), Vitamin K: 1.24µg (1.18%), Vitamin B12: 0.06µg (1.01%)