



Toffee Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



237 kcal

SAUCE

Ingredients

- 2 cups brown sugar
- 0.5 cup butter
- 1 cup plus light
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract
- 2 tablespoons water

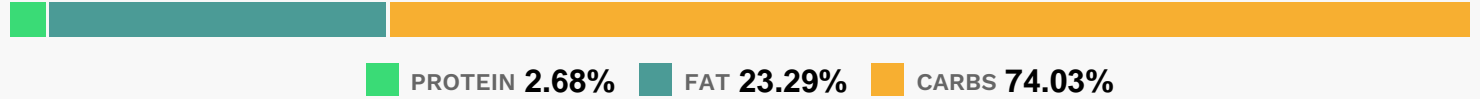
Equipment

- sauce pan

Directions

- In a medium saucepan over medium heat, melt butter. Stir in brown sugar, corn syrup, water and condensed milk. Cook and stir until thickened.
- Remove from heat and stir in vanilla.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:9.07, Inflammation Score:-1, Nutrition Score:1.9908695829951%

Nutrients (% of daily need)

Calories: 236.82kcal (11.84%), Fat: 6.36g (9.79%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 45.5g (16.55%), Sugar: 45.26g (50.29%), Cholesterol: 18.95mg (6.32%), Sodium: 78.52mg (3.41%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Protein: 1.64g (3.29%), Calcium: 78.26mg (7.83%), Phosphorus: 52.46mg (5.25%), Vitamin B2: 0.08mg (4.98%), Selenium: 3.38µg (4.82%), Vitamin A: 194.8IU (3.9%), Potassium: 104.71mg (2.99%), Vitamin B1: 0.03mg (1.88%), Magnesium: 7.46mg (1.87%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.27mg (1.82%), Vitamin B12: 0.1µg (1.62%), Vitamin E: 0.16mg (1.09%), Iron: 0.2mg (1.08%)