



Vanilla Bourbon Caramel Sauce



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



330 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 1 tablespoon butter room temperature
- ☐ 0.5 cup heavy cream
- ☐ 1 cup sugar
- ☐ 1 vanilla pod cut in half and seeds scraped
- ☐ 0.3 cup water

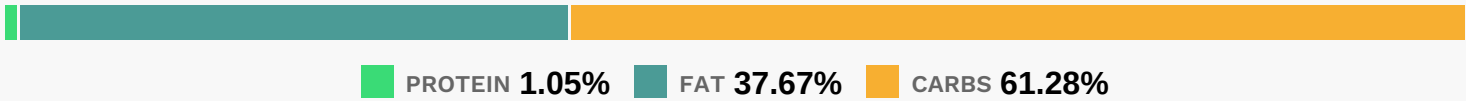
Equipment

- ☐ sauce pan

Directions

- ☐
- Mix the sugar and water in a small sauce pan and let simmer over medium heat until a medium amber colour, about 15–20 minutes.Reduce the heat to medium–low, carefully pour in the heavy cream and stir until smooth.
- ☐
- Mix in the butter, vanilla bean seeds and bourbon and stir until the butter has melted and combined.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:34.91, Inflammation Score:-3, Nutrition Score:1.4373913099584%

Nutrients (% of daily need)

Calories: 330.35kcal (16.52%), Fat: 13.93g (21.42%), Saturated Fat: 8.64g (54.01%), Carbohydrates: 50.96g (16.99%), Net Carbohydrates: 50.96g (18.53%), Sugar: 50.77g (56.41%), Cholesterol: 41.14mg (13.71%), Sodium: 31.81mg (1.38%), Alcohol: 1.25g (100%), Alcohol %: 1.54% (100%), Protein: 0.87g (1.75%), Vitamin A: 524.79IU (10.5%), Vitamin B2: 0.07mg (3.93%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.35mg (2.37%), Calcium: 21.42mg (2.14%), Phosphorus: 18.25mg (1.82%), Selenium: 1.23µg (1.75%), Vitamin K: 1.2µg (1.14%)