



White Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



493 kcal

SAUCE

Ingredients

- 0.8 cup butter
- 0.8 cup sugar
- 2 tablespoons vanilla extract
- 0.3 cup water
- 1.3 cups whipping cream

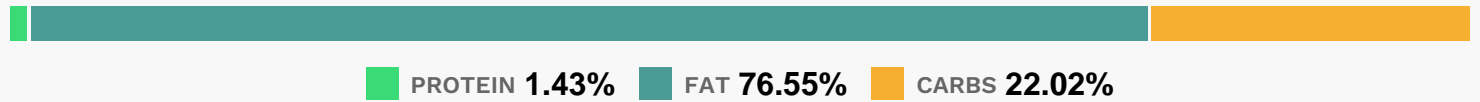
Equipment

- sauce pan

Directions

- Cook sugar and 1/3 cup water in a heavy saucepan over medium heat, stirring often, about 15 minutes or until reduced to 6 tablespoons.
- Add whipping cream and vanilla. (
- Mixture will be lumpy.) Cook over medium heat, stirring often, 15 minutes or until reduced to 1 cup.
- Remove from heat. Stir in butter. Cover and chill up to 3 days, if desired.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-7, Nutrition Score:3.5873911989772%

Nutrients (% of daily need)

Calories: 492.57kcal (24.63%), Fat: 42.02g (64.64%), Saturated Fat: 16.9g (105.65%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 27.21g (9.89%), Sugar: 27.04g (30.05%), Cholesterol: 59.76mg (19.92%), Sodium: 283.15mg (12.31%), Alcohol: 1.49g (100%), Alcohol %: 1.53% (100%), Protein: 1.76g (3.52%), Vitamin A: 1792.44IU (35.85%), Vitamin E: 1.37mg (9.11%), Vitamin B2: 0.12mg (6.99%), Vitamin D: 0.85µg (5.64%), Calcium: 44.54mg (4.45%), Phosphorus: 37.46mg (3.75%), Selenium: 1.74µg (2.48%), Potassium: 69.08mg (1.97%), Vitamin B12: 0.11µg (1.88%), Vitamin K: 1.69µg (1.61%), Vitamin B5: 0.16mg (1.6%), Magnesium: 5.2mg (1.3%), Vitamin B6: 0.02mg (1.11%)