



Zero Proof: Salted Caramel Blended Ice Milk

 Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



1308 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup individually wrapped caramels salted
- ☐ 1 cup granulated sugar
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 1 cup ice crushed
- ☐ 0.3 teaspoon sea salt
- ☐ 6 tablespoons butter unsalted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 servings whipped cream for garnish

☐ 1.5 cups milk whole

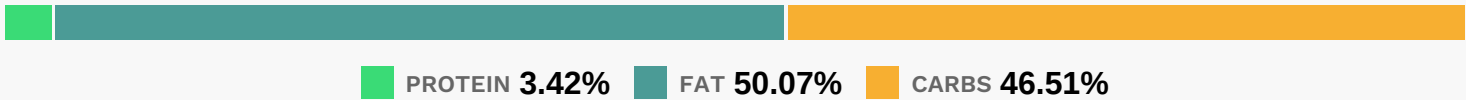
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ kitchen thermometer
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ For the Salted Caramel: Bring the cream and butter to a low simmer until butter is melted. Set aside.
- ☐ In a saucepot, cook sugar over medium heat without stirring, brushing down sides of pot occasionally with a moist pastry brush until sugar registers 320°F on a candy thermometer or instant-read thermometer (sugar should be light amber). Lower heat to medium low and slowly pour in the cream and melted butter. The mixture will bubble up. Stir in the salt and vanilla.
- ☐ Cook and stir over low heat for 1 minute. Caramel will thicken slightly.
- ☐ Transfer to a bowl and cool to room temperature.
- ☐ Combine crushed ice, milk, and 1/2 cup caramel in blender and mix until frothy.
- ☐ Pour into two glasses and garnish with whipped cream and extra caramel.

Nutrition Facts



Properties

Glycemic Index:114.05, Glycemic Load:103.07, Inflammation Score:-8, Nutrition Score:13.647391391837%

Nutrients (% of daily need)

Calories: 1308.47kcal (65.42%), Fat: 75.01g (115.39%), Saturated Fat: 45.52g (284.51%), Carbohydrates: 156.78g (52.26%), Net Carbohydrates: 156.78g (57.01%), Sugar: 150.23g (166.92%), Cholesterol: 210.61mg (70.2%), Sodium: 538.61mg (23.42%), Alcohol: 0.17g (100%), Alcohol %: 0.04% (100%), Protein: 11.53g (23.05%), Vitamin A: 2578.18IU (51.56%), Calcium: 380mg (38%), Vitamin B2: 0.59mg (34.75%), Phosphorus: 313.72mg (31.37%), Vitamin D: 3.94µg (26.24%), Vitamin B12: 1.38µg (23.02%), Potassium: 498.14mg (14.23%), Vitamin E: 2.11mg (14.04%), Vitamin B5: 1.32mg (13.16%), Vitamin B1: 0.18mg (12.24%), Selenium: 8.03µg (11.47%), Magnesium: 40.32mg (10.08%), Vitamin B6: 0.18mg (8.82%), Zinc: 1.28mg (8.56%), Vitamin K: 7.21µg (6.86%), Copper: 0.05mg (2.75%), Vitamin B3: 0.35mg (1.77%), Folate: 6.98µg (1.74%), Iron: 0.23mg (1.26%), Manganese: 0.02mg (1.11%)