

# Keto Salted Caramel Turtle Candy

Hands-on 20 minutes Overall 30 minutes



**Nutritional values (per serving, 1 candy):** Total carbs: 2.8 g, Fiber: 1 g, **Net carbs: 1.8 g,**

Protein: 1.3 g, Fat: 9.5 g, Calories: 97 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)

## Ingredients (makes 25 candies)

### Salted Keto Caramel:

2 tbsp water (30 ml)

1/2 cup [Swerve](#) or [Erythritol](#), powdered (100 g/ 3.5 oz)

2 tbsp unsalted butter (28 g/ 1 oz)

1/2 cup heavy whipping cream (120 ml/ 4 fl oz)

1 tsp sugar-free [vanilla extract](#)

pinch of sea salt or [pink Himalayan salt](#)

### Candies:

75 pecan halves (125 g/ 4.4 oz)

1 cup sugar-free chocolate chips or [85% dark chocolate bar](#) (160 g/ 5.6 oz)

1 tsp virgin [coconut oil](#)

flaky sea salt, for topping

*Note: If you cannot have dairy or follow a paleo approach, use my [homemade keto & paleo caramel sauce](#).*

## Instructions

1. Start by making the caramel. In a medium sized pot combine the water and Swerve. Set over medium heat and bring to a simmer. Continue to simmer for 5-7 minutes until it turns golden and has reduced. Whisk in the butter, cream, vanilla, and salt. If it's too thin keep simmering until it is slightly thick. Note: it will thicken as it cools as well.
2. Melt the chocolate and coconut oil over low heat until smooth, set aside. *Note: If using a chocolate bar, make sure to break it down to pieces to speed up melting. To prevent the chocolate from burning, melt the dark chocolate and coconut oil in a double boiler or a glass bowl on top of a small saucepan filled with a cup of water over a medium heat. Once completely melted, remove from the heat and set aside to cool down. The chocolate should not be hot when you use it for coating.*

3. Line a baking sheet with wax or parchment paper. Arrange the pecan halves into groups of three. Top with a dollop of caramel, a dollop of chocolate, and a sprinkle of salt.
4. Chill until ready to serve. Store in the fridge for up to a week.

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