

Smooth & Silky Keto Caramel Sauce

Hands-on 15 minutes Overall 20-30 minutes

Nutritional values (per serving, 1 tbsp/ 15 ml): Total carbs: 0.8 g, Fiber: 0 g,

Net carbs: 0.8 g, Protein: 0.2 g, Fat: 5.7 g, Calories: 55 kcal,

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



Ingredients (about 1 cup/ 240 ml)

1/4 cup unsalted butter (57 g/ 2 oz)

1/2 cup granulated [Allulose](#) (100 g/ 3.5 oz)

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

Optional: pinch of sea salt for salted caramel

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Instructions

1. Place the butter and allulose in a saucepan.
2. Melt over a medium-low heat.
3. Fill a bowl with ice water and set aside (You will need this later to chill the caramel so make sure the saucepan can fit without any water getting inside the saucepan.)
4. Once the butter has melted, the mixture will start to foam. Mix frequently with a rubber spatula or a balloon whisk. Mix frequently with a rubber spatula or a balloon whisk.
5. Cook for about 5 minutes and then pour in the cream. Option to add a pinch of salt for salted caramel. Stir until well combined.
6. Continue to cook for 10 to 15 minutes.
7. As the caramel thickens it can burn easily so make sure to keep an eye on it and keep stirring. For a runny caramel you'll only need to cook it for 5 minutes but for thick caramel topping it will take up to 15 minutes.
8. Take the saucepan off the heat and place in the ice water to cool. This is very important and it will stop the cooking process and help the caramel thicken without burning. Keep stirring until the caramel has reached room temperature. As it cools down it will thicken more.
9. Transfer it to a jar and refrigerate until ready to be used.
10. If the caramel is too thick, leave at room temperature for a few minutes before serving or gently reheat. You can store it in a sealed jar for up to 2 weeks.

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