AMERICAN · DESSERT · SAUCE

Keto Caramel Sauce with Allulose (Sugar-Free)

25 min · plus 1 hour chilling Makes 30 × 1 tbsp 35 kcal a portion

Video 5:27 · Serious Keto (Steve)

Vegetarian | Gluten-free ingredients | Nut-free

Allulose caramelises like sugar without raising blood sugar, so a tablespoon has almost no net carbs and no added sugar; nearly all of its 35 kcal come from the butter and cream.

Diet notes: Keto (0.1 g net carbs a serve).

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Ingredients

6 · MAKES 30 × 1 TBSP

- [ ] 205 g **allulose**
- [ ] 60 ml **water**
- [ ] 6 tbsp (90 g) **salted butter**, in pieces
- [ ] 1 tsp **vanilla extract** (or 1/2 tsp vanilla plus 1/2 tsp bourbon, as the cook does)
- [ ] 120 ml **heavy whipping cream**
- [ ] a pinch of **fine sea salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Whisk the allulose and water together in a small saucepan until no dry allulose is left and you have a smooth, even slurry. 0:29
2. Set over medium heat and whisk now and then for 3–4 minutes, until the allulose dissolves and it starts to bubble. Then stop whisking; just swirl the pan if crystals form on the sides. 0:50
3. Clip on a candy thermometer and cook to 165°C. It turns amber at about 150°C and then climbs fast, so watch it closely. 1:13
4. Turn off the heat, remove the thermometer and whisk in the butter a piece at a time; it will foam up. 1:40
5. Whisk in the vanilla (and bourbon, if using). 2:05
6. Take the pan right off the heat and whisk in the cream and a pinch of salt until smooth. 2:36
7. Cool for 10–15 minutes, pour into a jar and chill for at least an hour; it looks thin at first but thickens in the fridge. 2:54

> **Tip** Keeps in the fridge for at least two weeks; the cook expects a month or more. Warm gently to make it pourable. Great over keto ice cream or cheesecake, with a sprinkle of flaky salt.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you

1 OF 30 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
35 kcal	0.1 g	0.1 g	0 g	3.9 g	30 mg
150 kJ	0% of a day	0.1 g net · 0.1 g sugars	0% of a day	2.5 g saturated	1% of a day
		0% of a day		5% of a day	

Energy from net carbs 1% · protein 1% · fat 98% — fits keto: 0.1 g net carbs, 98% of the energy from fat

Recipe and video: Serious Keto (Steve) (@SeriousKeto) on YouTube — youtube.com/watch?v=g980jhFVBfs, published 24 September 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-caramel-sauce-allulose