

Any Flavor Taffy

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup plus
- ☐ 3 tablespoons cornstarch
- ☐ 0.1 ounce drink mix unsweetened soft fruit-flavored
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups water
- ☐ 2.5 cups sugar white

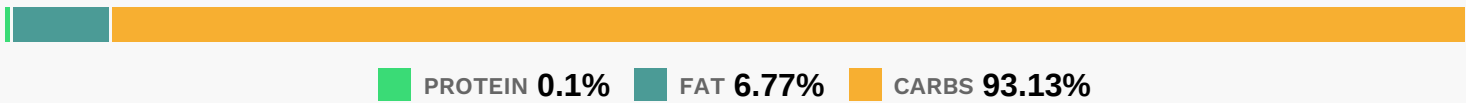
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Butter 2 large baking sheets, and set them aside.
- ☐ In a medium saucepan, stir together the sugar and cornstarch.
- ☐ Add corn syrup, water, butter and salt, and stir to blend. Bring to a boil over medium heat, and cook until the mixture reads 250 degrees F (120 degrees C) on a candy thermometer.
- ☐ Remove from heat, and immediately stir in the drink mix powder. Quickly pour out onto the prepared baking sheets, and let stand until cool enough to handle.
- ☐ Grab a few helpers, and butter everyone's hands. Stretch (pull) the taffy until it lightens in color, and becomes firm.
- ☐ Roll into bite size pieces, and wrap in small squares of waxed paper.

Nutrition Facts



Properties

Glycemic Index:1.39, Glycemic Load:3.99, Inflammation Score:0, Nutrition Score:0.040434782595738%

Nutrients (% of daily need)

Calories: 31.98kcal (1.6%), Fat: 0.25g (0.39%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 7.84g (2.85%), Sugar: 7.63g (8.47%), Cholesterol: 0.61mg (0.2%), Sodium: 15.92mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.02%)