



## Aunt Bill's Brown Candy

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon baking soda
- 1 cup half and half
- 4 cups pecans toasted coarsely chopped
- 3 cups sugar divided
- 5 tablespoons butter unsalted cut into cubes
- 0.5 teaspoon vanilla extract
- 0.3 cup water

### Equipment

- frying pan
- sauce pan
- baking pan
- wooden spoon
- candy thermometer

## Directions

- Butter 8x8x2-inch metal baking pan.
- Combine 2 cups sugar and half and half in heavy large saucepan. Stir occasionally over low heat until sugar dissolves. Set aside.
- Bring remaining 1 cup sugar and 1/4 cup water to boil in heavy medium saucepan over medium-low heat, stirring until sugar dissolves. Increase heat; continue boiling without stirring until syrup turns deep amber, brushing sides of pan with wet brush and swirling pan, about 8 minutes.
- Immediately pour caramel syrup into half and half mixture in large saucepan (mixture will bubble). Stir constantly over medium-low heat until caramel dissolves. Attach candy thermometer to side of pan. Increase heat to medium. Continue cooking and stirring until mixture registers 244°F, about 12 minutes.
- Remove from heat and immediately stir in baking soda (mixture will foam slightly).
- Add butter and stir to melt.
- Let stand without stirring until mixture cools to 160°F, about 20 minutes.
- Mix in vanilla. Using large wooden spoon, stir constantly until candy begins to thicken and loses its gloss, 4 to 5 minutes.
- Mix in nuts (candy will be very stiff). Scrape candy into prepared pan. Using wet fingertips, press candy firmly into pan. Cool completely, then cut into 30 squares.

## Nutrition Facts



**PROTEIN 2.88%** **FAT 54.16%** **CARBS 42.96%**

## Properties

Glycemic Index: 2.67, Glycemic Load: 14.02, Inflammation Score: -1, Nutrition Score: 3.5091304772574%

## Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

## Nutrients (% of daily need)

Calories: 195.7kcal (9.79%), Fat: 12.39g (19.06%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 20.84g (7.58%), Sugar: 20.83g (23.14%), Cholesterol: 7.84mg (2.61%), Sodium: 14.6mg (0.63%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 1.48g (2.97%), Manganese: 0.6mg (29.76%), Copper: 0.16mg (8.06%), Vitamin B1: 0.09mg (5.98%), Fiber: 1.27g (5.07%), Phosphorus: 44.79mg (4.48%), Zinc: 0.63mg (4.23%), Magnesium: 16.85mg (4.21%), Vitamin B2: 0.04mg (2.2%), Iron: 0.35mg (1.94%), Vitamin A: 94.26IU (1.89%), Potassium: 65.83mg (1.88%), Calcium: 18.7mg (1.87%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.59%), Vitamin B5: 0.14mg (1.4%), Selenium: 0.9µg (1.29%)