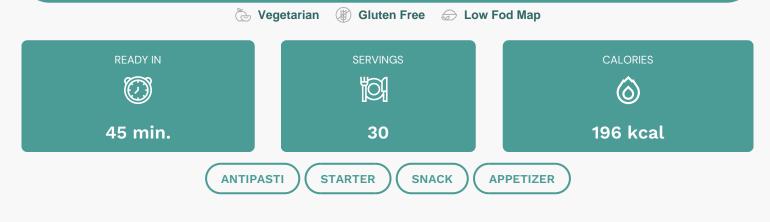


# **Aunt Bill's Brown Candy**



## **Ingredients**

O.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
O 3 cup water

# **Equipment**

	frying pan		
	sauce pan		
	baking pan		
	wooden spoon		
	candy thermometer		
Diı	Directions		
	Butter 8x8x2-inch metal baking pan.		
	Combine 2 cups sugar and half and half inheavy large saucepan. Stir occasionally overlow heat until sugar dissolves. Set aside.		
	Bring remaining 1 cup sugar and 1/4 cupwater to boil in heavy medium saucepanover medium-low heat, stirring until sugardissolves. Increase heat; continue boilingwithout stirring until syrup turns deepamber, brushing sides of pan with wetbrush and swirling pan, about 8 minutes.		
	Immediately pour caramel syrup intohalf and half mixture in large saucepan(mixture will bubble). Stir constantly overmedium-low heat until caramel dissolves. Attach candy thermometer to side ofpan. Increase heat to medium. Continuecooking and stirring until mixture registers 244°F, about 12 minutes.		
	Remove fromheat and immediately stir in baking soda(mixture will foam slightly).		
	Add butter andstir to melt.		
	Let stand without stirring untilmixture cools to 160°F, about 20 minutes.		
	Mix in vanilla. Using large wooden spoon,stir constantly until candy begins to thickenand loses its gloss, 4 to 5 minutes.		
	Mix innuts (candy will be very stiff). Scrape candyinto prepared pan. Using wet fingertips,press candy firmly into pan. Coolcompletely, then cut into 30 squares.		
Nutrition Facts			
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### **Properties**

#### **Flavonoids**

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Catechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.11mg, Epicatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.3mg, Epigalloca

### 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%)