



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

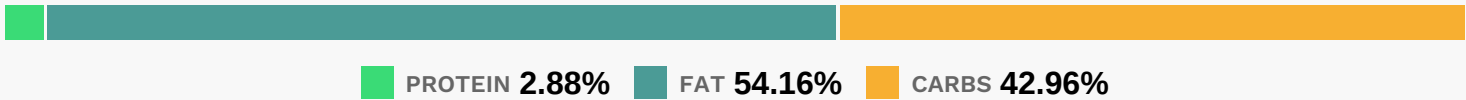
Equipment

- ☐ 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



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%)