



Benne Candy



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons butter
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sesame seed
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

☐ 0.5 cup water

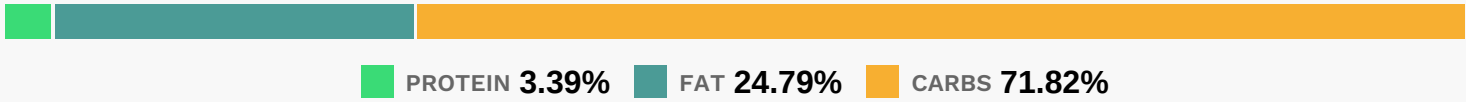
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Line a jelly-roll pan with foil. Coat foil with cooking spray.
- ☐ Place sugar and 1/2 cup water in a medium, heavy saucepan over medium-high heat; bring to a boil (do not stir). Cook 10 minutes or just until sugar is golden.
- ☐ Remove from heat; add butter and vanilla, carefully stirring until butter melts (mixture will bubble vigorously). Stir in sesame seeds and remaining ingredients, stirring constantly, and return mixture to heat. Cook 30 seconds or until well combined. Rapidly spread mixture onto prepared pan. Cool completely, and break into small pieces.

Nutrition Facts



Properties

Glycemic Index:8.89, Glycemic Load:15.77, Inflammation Score:-1, Nutrition Score:2.721739107338%

Nutrients (% of daily need)

Calories: 126.09kcal (6.3%), Fat: 3.63g (5.58%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.9g (8.33%), Sugar: 22.23g (24.69%), Cholesterol: 1.19mg (0.4%), Sodium: 81.78mg (3.56%), Alcohol: 0.08g (100%), Alcohol %: 0.27% (100%), Protein: 1.12g (2.23%), Copper: 0.26mg (12.9%), Manganese: 0.16mg (7.95%), Calcium: 61.67mg (6.17%), Magnesium: 22.09mg (5.52%), Iron: 0.92mg (5.13%), Phosphorus: 39.5mg (3.95%), Vitamin B1: 0.05mg (3.31%), Selenium: 2.29µg (3.27%), Zinc: 0.49mg (3.26%), Fiber: 0.75g (2.99%), Vitamin B6: 0.05mg (2.48%), Folate: 6.1µg (1.52%), Vitamin B3: 0.28mg (1.42%), Vitamin B2: 0.02mg (1.18%)