



Berry Lollipops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup plus light
- 4 drops food coloring red
- 1 cup sugar
- 0.3 cup cranraspberry concentrate
- 24 servings vegetable oil for brushing
- 0.5 cup water
- 1 sticks twenty-four 6-inch lollipop

Equipment

- baking sheet
- sauce pan
- candy thermometer

Directions

- Brush 2 flat baking sheets with oil. Fill a pie plate with 1 inch of cold water.
- In a small, heavy saucepan, combine the sugar, water and corn syrup and bring to a boil, stirring just until the sugar dissolves. Boil over high heat, without stirring, until the syrup reaches 280 on a candy thermometer, about 20 minutes.
- Add the cranraspberry concentrate and food coloring and cook over moderately high heat until the syrup reaches 30
- Briefly dip the saucepan in the cold water to stop the cooking.
- Once the bubbling subsides, carefully spoon 6 scant tablespoons of syrup about 2 inches apart on 1 of the prepared baking sheets. Working quickly, place a stick in each of the lollipops, turning it to cover with syrup. Continue to form the lollipops, 6 at a time, until both baking sheets are full. If the syrup in the saucepan becomes too thick, melt it over low heat.
- Let the lollipops harden, then wrap in plastic.
- Variation: To make citrus lollipops, replace the cranraspberry concentrate and red food coloring with the juice and zest of 1 lemon or lime and 4 drops of green food coloring. Stir in the zest just before spooning out the lollipops.
- Make Ahead: The wrapped lollipops can be stored flat in an airtight container in a cool, dry place for 1 month.

Nutrition Facts

 PROTEIN **0.27%**  FAT **71.55%**  CARBS **28.18%**

Properties

Glycemic Index:5.59, Glycemic Load:6.69, Inflammation Score:-1, Nutrition Score:1.7526086870095%

Nutrients (% of daily need)

Calories: 171.48kcal (8.57%), Fat: 14.05g (21.61%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 12.34g (4.49%), Sugar: 12.29g (13.65%), Cholesterol: 0mg (0%), Sodium: 24.83mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin K: 26.06µg (24.82%), Vitamin E: 1.26mg (8.42%)