



Brown Sugar-Walnut Divinity



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups brown sugar packed
- ☐ 1 teaspoon cider vinegar
- ☐ 1 large egg white
- ☐ 0.1 teaspoon salt
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted coarsely chopped
- ☐ 0.5 cup water

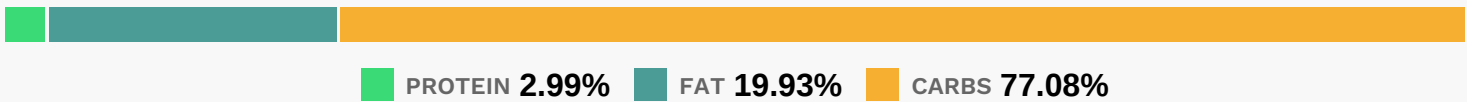
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ wax paper
- ☐ candy thermometer

Directions

- ☐ Combine the first 3 ingredients in a heavy saucepan over medium heat; bring to a boil, stirring just until sugar dissolves. Cover, reduce heat, and cook 3 minutes. Uncover; cook, without stirring, 10 minutes or until a candy thermometer registers 24
- ☐ Place salt and egg white in a large bowl; beat with a mixer at high speed until foamy. Gradually pour hot sugar syrup into egg white mixture, beating at medium speed, then at high speed until stiff peaks form. Beat in vanilla; stir in nuts. Working quickly, drop mixture by teaspoonfuls on wax paper. Cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.62695652052112%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 55.45kcal (2.77%), Fat: 1.27g (1.96%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.95g (3.98%), Sugar: 10.74g (11.94%), Cholesterol: 0mg (0%), Sodium: 14.85mg (0.65%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Protein: 0.43g (0.86%), Manganese: 0.07mg (3.72%), Copper: 0.04mg (1.86%), Calcium: 11.27mg (1.13%), Magnesium: 4.25mg (1.06%)