



## Candied Cherries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup plus light
- 18 maraschino cherries with stems
- 0.5 cup sugar
- 2 tablespoons water

### Equipment

- frying pan
- baking sheet
- paper towels

- sauce pan
- aluminum foil
- candy thermometer

## Directions

- Drain cherries; place on paper towels to drain for 8 hours.
- Line a baking sheet with aluminum foil; coat foil with cooking spray, and set aside.
- Combine sugar, corn syrup, and water in a small heavy saucepan.
- Place over low heat, stirring until sugar dissolves. Bring to a boil over medium heat; cover and cook 2 to 3 minutes to wash down sugar crystals from sides of pan. Uncover and cook, without stirring, until a candy thermometer registers 325 (6 to 8 minutes).
- Working quickly and holding cherry by the stem, dip each cherry into hot syrup to coat.
- Place cherries, stem up, on foil-lined baking sheet.
- Let cherries cool and harden.

## Nutrition Facts

**PROTEIN 0.1%** **FAT 0.75%** **CARBS 99.15%**

## Properties

Glycemic Index:4.95, Glycemic Load:4.57, Inflammation Score:1, Nutrition Score:0.10565217252335%

## Nutrients (% of daily need)

Calories: 43.04kcal (2.15%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.01%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 11.11g (4.04%), Sugar: 11.12g (12.36%), Cholesterol: 0mg (0%), Sodium: 3.28mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.02%)