



# Candy Coated Pretzels

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

745 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup plus light
- ☐ 2 cups brown sugar dark
- ☐ 20 ounce pretzel twists miniature
- ☐ 0.1 teaspoon salt
- ☐ 1 cup butter unsalted

## Equipment

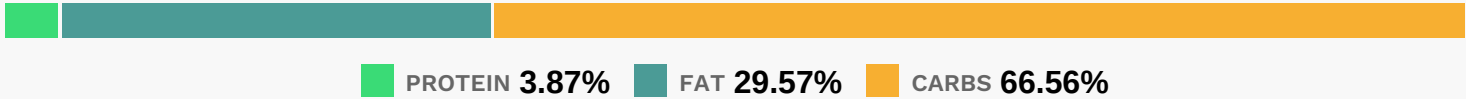
- ☐ baking sheet
- ☐ sauce pan

- ☐ baking paper
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Preheat an oven to 250 degrees F (120 degrees C). Lightly grease a baking sheet. Arrange pretzels in a single layer baking sheet.
- ☐ Combine butter, brown sugar, corn syrup, and salt in a large saucepan. Bring to a boil over medium-high heat. Do not stir once the sugar syrup begins to boil.
- ☐ Heat to 244 degrees F (117 degrees C), or until a small amount of syrup dropped into cold water forms a firm but pliable ball.
- ☐ Pour hot mixture over pretzels; toss to coat evenly.
- ☐ Bake pretzels in preheated oven for 10 minutes. Stir; continue to bake until crisp, about 10 minutes.
- ☐ Remove from oven and break into individual pieces. Cool on wire rack or parchment paper.

## Nutrition Facts



## Properties

Glycemic Index:12.75, Glycemic Load:48.41, Inflammation Score:-6, Nutrition Score:10.370000022909%

## Nutrients (% of daily need)

Calories: 744.92kcal (37.25%), Fat: 25.13g (38.67%), Saturated Fat: 14.85g (92.83%), Carbohydrates: 127.32g (42.44%), Net Carbohydrates: 124.91g (45.42%), Sugar: 71.3g (79.22%), Cholesterol: 61.01mg (20.34%), Sodium: 946.91mg (41.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.79%), Manganese: 0.7mg (34.88%), Folate: 129.68µg (32.42%), Vitamin B1: 0.31mg (20.97%), Iron: 3.64mg (20.24%), Vitamin B3: 3.81mg (19.04%), Vitamin B2: 0.24mg (14.41%), Vitamin A: 709.09IU (14.18%), Phosphorus: 99.73mg (9.97%), Fiber: 2.41g (9.64%), Calcium: 74.39mg (7.44%), Copper: 0.14mg (7.05%), Potassium: 238.23mg (6.81%), Vitamin E: 0.99mg (6.61%), Magnesium: 26.28mg (6.57%), Selenium: 4.21µg (6.02%), Zinc: 0.87mg (5.82%), Vitamin B6: 0.08mg (3.79%), Vitamin K: 3.97µg (3.78%), Vitamin B5: 0.34mg (3.43%), Vitamin D: 0.43µg (2.84%), Vitamin C: 1.49mg (1.8%)