



Candy Corn

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



60

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.8 ounces plus light
- 3.5 ounces granulated sugar
- 0.3 teaspoon kosher salt
- 0.5 ounce nonfat milk dry
- 2 drops orange gel paste food coloring yellow
- 4.5 ounces powdered sugar
- 2 tablespoons butter unsalted room temperature
- 0.5 teaspoon vanilla extract

- 2.5 tablespoons water

Equipment

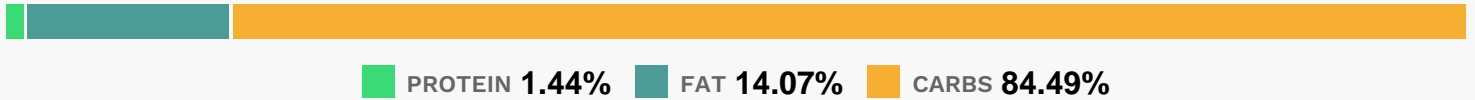
- food processor
- bowl
- frying pan
- baking paper
- knife
- pot
- kitchen thermometer
- pizza cutter
- baking spatula
- candy thermometer
- dough scraper

Directions

- Watch how to make this recipe.
- Combine the powdered sugar, dry milk and salt in the bowl of a food processor. Pulse 4 to 5 times until the mixture is smooth and well combined. Set aside.
- Combine the sugar, corn syrup and water in a 2-quart pot. Put over medium heat, cover and cook for 4 minutes.
- Add the butter, clip on a candy thermometer, and bring the mixture to 230 degrees F, about 1 to 2 minutes. When the sugar syrup reaches 230 degrees F, take the pot off the heat and remove the thermometer.
- Add the vanilla and the dry mixture, stirring continuously with a silicone spatula until well combined.
- Pour onto a half sheet pan lined with a silicone baking mat. Cool until the mixture is cool enough to handle, about 10 to 15 minutes. Divide the dough into 3 equal pieces.
- Add 2 drops of yellow food coloring to 1 piece and knead the dough until the color is consistent throughout.

- Add 2 drops of orange to the second piece, and knead until the color is consistent throughout. Leave the third piece white.
- Roll each piece of dough into a strand, about 18-inches long.
- Cut each strand in half.
- Roll 1 of the white pieces into a strand that is about 1/2-inch thick and about 22-inches long. Repeat with a yellow piece and orange piece.
- Lay the strands side by side and press them together using your fingers.
- Cut the strand into 4-inch pieces.
- Lay the strands, 1 at a time, onto the silicone mat and press into a wedge shape, like a triangle. Use a wire butter slicer to cut the candies into pieces. If you don't have a wire butter slicer, use a knife, metal bench scraper or pizza cutter to slice the dough into small pieces. Repeat the procedure with remaining dough.
- Lay the finished pieces on a piece of parchment or waxed paper to dry for 1 hour. Store in an airtight container with parchment paper between each layer.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:1.41, Inflammation Score:-1, Nutrition Score:0.11086956573569%

Nutrients (% of daily need)

Calories: 23.95kcal (1.2%), Fat: 0.39g (0.6%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 5.26g (1.91%), Sugar: 5.22g (5.8%), Cholesterol: 1.05mg (0.35%), Sodium: 12.2mg (0.53%), Alcohol: 0.01g (100%), Alcohol %: 0.21% (100%), Protein: 0.09g (0.18%)