

Candy Corn

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



80

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups confectioners' sugar
- 0.3 cup plus light
- 0.5 cup granulated sugar
- 0.3 teaspoon kosher salt
- 6.5 teaspoons nonfat milk dry
- 2 drops each and orange gel paste food coloring yellow
- 2 tablespoons butter unsalted at room temperature
- 0.5 teaspoon vanilla extract

2.5 tablespoons h2O

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Equipment

food processor

frying pan

baking paper

knife

pot

kitchen thermometer

pizza cutter

baking spatula

candy thermometer

dough scraper

Directions

Combine the confectioners' sugar, dry milk and salt in a food processor. Pulse 4 or 5 times, until the mixture is smooth and well combined. Set aside.

Combine the granulated sugar, corn syrup and water in a 2-quart pot.

Place over medium heat, cover and cook for 4 minutes.

Add the butter, clip on a candy thermometer and bring the sugar syrup to 230 degrees F, 1 to 2 minutes.

Remove from the heat and remove the thermometer.

Add the vanilla and the dry mixture and stir continuously with a silicone spatula until well combined.

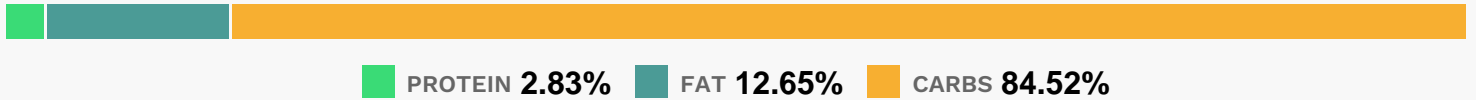
Pour onto a half sheet pan lined with a silicone baking mat or parchment paper. Cool for 10 to 15 minutes, until the mixture is cool enough to handle.

Divide the dough into 3 equal pieces.

Add 2 or 3 drops of yellow food coloring to one piece and knead until the color is consistent throughout.

- Add 2 or 3 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 and roll each piece into a strand that is about 1/2 inch thick and 22 inches long.
- Lay the strands side by side (orange, yellow, then white) and press them together using your fingers.
- Cut into 4-inch pieces. Then, using a ruler or bench scraper, press each piece into a wedge, keeping the orange section wide and making the white part come to a tip.
- Use a wire butter slicer, knife, bench scraper or pizza cutter to cut each wedge into individual candies.
- Lay the candies on a piece of parchment until dry, at least 1 hour. Store in an airtight container with parchment between each layer.
- Photograph by Brett Kurzweil

Nutrition Facts



Properties

Glycemic Index:1.11, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:0.15695652300897%

Nutrients (% of daily need)

Calories: 20.16kcal (1.01%), Fat: 0.29g (0.45%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.42g (1.61%), Sugar: 4.38g (4.87%), Cholesterol: 0.83mg (0.28%), Sodium: 10.38mg (0.45%), Alcohol: 0.01g (100%), Alcohol %: 0.2% (100%), Protein: 0.15g (0.3%)