



Candy Corn Suckers

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



20

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 inch lollipop sticks as needed
- 0.7 cup plus
- 20 servings plastic spider finger rings as needed
- 0.3 teaspoon lemon extract
- 20 servings candy corns as needed
- 2 cups sugar
- 0.7 cup water
- 3 drops food coloring yellow

- 20 servings plastic bags as needed

Equipment

- frying pan
- sauce pan
- pot
- ziploc bags
- skewers
- candy thermometer

Directions

- Special equipment: Lollipop collar molds; Silicone baking mat
- If you have lollipop collar molds, lay them on a silicone baking mat-lined sheet pan, fit them with sticks, and place 1 piece of candy corn in each collar. Or, just lay out the sticks in rows on a silpat mat, leaving 3 inches of space between them and place a piece of candy corn above the stick.
- Combine the sugar, corn syrup, and water in a clean, dry small saucepan (preferably 1 with a pouring spout) fitted with a candy thermometer, and bring to a boil over high heat. Without stirring, cook until the mixture reaches 305 degrees F or "hard crack" stage on the candy thermometer. (While the syrup is cooking, occasionally wash down the sides of the pan with a clean brush dipped in water, to prevent crystallization.)
- When the mixture is done, remove the pot from the heat and dip it into an ice bath for 15 seconds to stop the cooking.
- Add the extract and food coloring and stir very gently with a wooden skewer so that the color is evenly distributed. (To avoid air bubbles in the finished lollipops, stir the mixture gently in both directions, but be careful not to over mix.)
- Pour or carefully spoon the syrup into the molds or just over the sticks and candy corns, if not using collars, to make a quarter-sized disk. Cool until hard, at least 20 minutes.
- Lift the suckers off the mat and remove from the molds. Slip plastic bags over the lollipops and gather the bag shut with a plastic spider finger ring. Store in an airtight container for up to 2 days.

Nutrition Facts

PROTEIN 1.55% FAT 16.91% CARBS 81.54%

Properties

Glycemic Index:8.3, Glycemic Load:15.66, Inflammation Score:-1, Nutrition Score:0.48869565210265%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 185.04kcal (9.25%), Fat: 3.6g (5.53%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 38.59g (14.03%), Sugar: 38.14g (42.38%), Cholesterol: 2.25mg (0.75%), Sodium: 18.89mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Calcium: 19.93mg (1.99%), Vitamin C: 1.56mg (1.9%), Fiber: 0.44g (1.76%), Iron: 0.21mg (1.15%)