



Caramelized Sugar Spirals



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup plus light



20 servings lemon candies crushed



2 cups sugar

Equipment



frying pan



sauce pan



baking paper



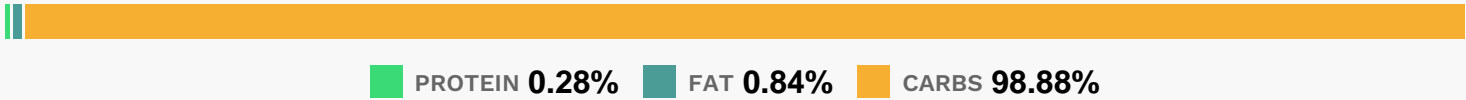
wooden spoon

☐ candy thermometer

Directions

- ☐ Stir together sugar, corn syrup, and 1/2 cup water in a 3 1/2-qt. heavy saucepan until blended.
- ☐ Place pan over medium-high heat, and cook, without stirring, until a candy thermometer registers 305 to 315 or until mixture begins to turn a golden caramel color (about 25 to 30 minutes).
- ☐ Remove from heat, and stir just until color is evenly distributed, using a clean wooden spoon. Carefully place bottom of saucepan into cold water to stop the cooking process.
- ☐ Remove from water, and let stand 2 to 3 minutes or until slightly thickened.
- ☐ Sprinkle crushed lemon candies over a piece of parchment paper. Carefully spoon about 1 Tbsp. hot syrup over candies in a circular motion, creating 3-inch discs. (If syrup gets too thick, place saucepan back over heat for 3 to 4 minutes or until syrup slightly melts. Use a clean spoon to continue making spirals.)
- ☐ Let cool 10 minutes or until completely cool. (
- ☐ Mixture will harden as it cools.)

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:15.32, Inflammation Score:-1, Nutrition Score:0.38869564939776%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 103.16kcal (5.16%), Fat: 0.1g (0.16%), Saturated Fat: 0g (0.02%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 26.92g (9.79%), Sugar: 26.68g (29.65%), Cholesterol: 0mg (0%), Sodium: 5.63mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.15%), Vitamin C: 3.71mg (4.5%)