

Cashew Crickle Candy

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



16

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 3 tablespoons butter
- 1 cup plus light
- 2 cups roasted cashews salted
- 2 cups sugar
- 1 teaspoon vanilla extract
- 0.5 cup water

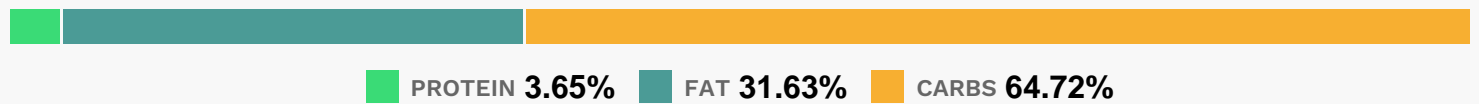
Equipment

- frying pan
- sauce pan
- candy thermometer

Directions

- In a large saucepan, combine the sugar, corn syrup and water. Bring to a boil, stirring constantly, until sugar is dissolved. Cook, without stirring, over medium heat until a candy thermometer reads 300° (hard-crack stage).
- Remove from the heat; stir in butter, vanilla and baking soda.
- Add cashews.
- Pour into a buttered 15-in. x 10-in. x 1-in. pan. Cool; break into pieces.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:20.56, Inflammation Score:-2, Nutrition Score:3.949565221758%

Nutrients (% of daily need)

Calories: 274.4kcal (13.72%), Fat: 10.19g (15.68%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 46.39g (16.87%), Sugar: 42.21g (46.9%), Cholesterol: 5.64mg (1.88%), Sodium: 174.53mg (7.59%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 2.64g (5.29%), Copper: 0.38mg (19.16%), Magnesium: 44.89mg (11.22%), Phosphorus: 84.56mg (8.46%), Manganese: 0.14mg (7.15%), Zinc: 1.06mg (7.06%), Vitamin K: 6.13µg (5.83%), Iron: 1.04mg (5.78%), Selenium: 2.33µg (3.33%), Vitamin B1: 0.05mg (3.13%), Folate: 11.9µg (2.97%), Potassium: 98.47mg (2.81%), Vitamin B2: 0.04mg (2.36%), Vitamin B6: 0.04mg (2.2%), Vitamin B5: 0.21mg (2.11%), Fiber: 0.51g (2.06%), Vitamin E: 0.22mg (1.46%), Vitamin A: 65.6IU (1.31%), Vitamin B3: 0.24mg (1.21%), Calcium: 11.61mg (1.16%)