



Citrus-Zest Lollipops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- 1 serving pam original flavor shopping list for molds
- 1 cup sugar
- 2 tablespoons plus
- 0.3 cup water
- 1 tablespoon grapefruit (such as lime, lemon, or pink grapefruit)
- 1 tablespoon lemon zest (such as lime, lemon, or pink grapefruit)
- 1 small purple gel food coloring green yellow (such as , , or pink)

Equipment

- sauce pan
- spatula
- measuring cup
- candy thermometer
- lollipop sticks

Directions

- Lightly coat large or small round lollipop molds (hard candy) with cooking spray, and place lollipop sticks in grooves. Bring sugar, glucose, and water to a boil in a small saucepan over medium-high heat.
- Heat until a candy thermometer registers 300 degrees.
- Remove from heat, and carefully stir in citrus juice and zest and food coloring with a rubber spatula. (
- Mixture will steam and bubble when liquid is added. Be careful, and make sure zest is distributed evenly and not in clumps.)
- Transfer mixture to a liquid measuring cup, and let bubbles settle slightly, about 10 seconds.
- Slowly pour mixture into prepared lollipop molds.
- Let cool, until lollipops harden, about 30 minutes.
- Remove lollipops from molds.

Nutrition Facts

 PROTEIN **0.09%**  FAT **0.8%**  CARBS **99.11%**

Properties

Glycemic Index:28.52, Glycemic Load:36.59, Inflammation Score:0, Nutrition Score:0.44521739123308%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 226.09kcal (11.3%), Fat: 0.21g (0.33%), Saturated Fat: 0g (0.03%), Carbohydrates: 58.89g (19.63%), Net Carbohydrates: 58.67g (21.33%), Sugar: 58.67g (65.18%), Cholesterol: 0mg (0%), Sodium: 8.16mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Vitamin C: 3.09mg (3.74%)