



Cut-Out Candy

 Vegetarian

READY IN



210 min.

SERVINGS



30

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp baking soda
- 1.3 cups plus light
- 2 pouches certo fruit pectin
- 1 env. kool-aid drink mix unsweetened
- 2.3 cups sugar divided
- 2 Tbsp water

Equipment

- frying pan

- sauce pan
- knife
- cookie cutter

Directions

- Butter or spray 13x9-inch pan with cooking spray.
- Mix pectin, water and baking soda in large saucepan until blended. (
- Mixture will foam slightly.) Cook on high heat or until foam has thinned, stirring constantly.
- Remove from heat; stir in 2 cups sugar, corn syrup and drink mix. Return to heat. Bring to full rolling boil on high heat, stirring constantly; cook and stir 3 min.
- Remove from heat. Stir until bubbles have thinned.
- Pour immediately into prepared pan.
- Let stand at room temperature 3 hours or until firm.
- Sprinkle 2 Tbsp. of the remaining sugar onto large sheet of waxed paper. Carefully loosen edges of candy with point of sharp knife. Invert pan onto prepared waxed paper; remove pan.
- Sprinkle candy with remaining sugar.
- Cut into 1-inch squares or decorative shapes with small cookie cutters.
- Roll candy pieces in sugar to evenly coat; shake gently to remove excess sugar.
- Let stand, uncovered, overnight at room temperature before packing or storing.

Nutrition Facts

PROTEIN 0.02% **FAT 0.68%** **CARBS 99.3%**

Properties

Glycemic Index:2.97, Glycemic Load:12.68, Inflammation Score:1, Nutrition Score:0.09000000057985%

Nutrients (% of daily need)

Calories: 101kcal (5.05%), Fat: 0.08g (0.13%), Saturated Fat: 0g (0.01%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 26.66g (9.69%), Sugar: 26.63g (29.58%), Cholesterol: 0.01mg (0%), Sodium: 30.84mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0.01%)