



Dad's Divinity

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



40

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup plus light
- 2 egg whites beaten
- 1 cup water
- 3 cups sugar white

Equipment

Directions

- Cook syrup, sugar, and water to soft ball stage (a small amount dropped into cold water forms a soft ball).
- Pour half of this mixture over stiffly beaten egg whites. Stir.
- Cook remaining sugar mixture to brittle stage (a small amount dropped into cold water turns immediately brittle).
- Add to previous mixture and beat until candy will hold its shape. Beat again by hand to re-aerate it. Drop by spoonfuls onto waxed paper. Allow to harden as it cools. Store in refrigerator with waxed paper between layers.

Nutrition Facts

PROTEIN 0.81% **FAT 0.71%** **CARBS 98.48%**

Properties

Glycemic Index:2.23, Glycemic Load:11.4, Inflammation Score:1, Nutrition Score:0.096086956479627%

Nutrients (% of daily need)

Calories: 76.62kcal (3.83%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 19.86g (7.22%), Sugar: 19.89g (22.1%), Cholesterol: 0mg (0%), Sodium: 6.9mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.33%)