



Dad's Potato Candy

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



110 min.

SERVINGS



24

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups confectioners' sugar as needed
- 1 cup peanut butter to taste
- 1 potatoes peeled
- 1 tablespoon vanilla extract

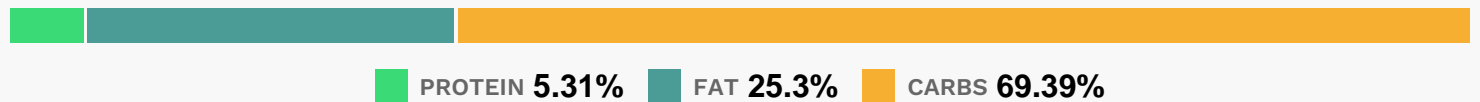
Equipment

- bowl
- pot

Directions

- Place potato into a pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until very tender, about 30 minutes.
- Drain.
- Transfer potato to a large bowl and mash until smooth. Stir vanilla extract into mashed potato.
- Stir confectioners' sugar gradually into mashed potato until consistency is like cookie dough; add more confectioners' sugar if candy is too runny.
- Sprinkle a large piece of waxed paper with confectioners' sugar and roll potato candy out into a rectangle 1/4 inch thick.
- Spread peanut butter onto candy.
- Roll candy and peanut butter into a tight spiral; wrap candy log in waxed paper. Refrigerate until firm, about 1 hour.
- Cut into slices to serve.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:2.566086984199%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 189.27kcal (9.46%), Fat: 5.5g (8.46%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 33.24g (12.09%), Sugar: 30.61g (34.01%), Cholesterol: 0mg (0%), Sodium: 47.3mg (2.06%), Alcohol: 0.19g (100%), Alcohol %: 0.47% (100%), Protein: 2.6g (5.2%), Manganese: 0.17mg (8.68%), Vitamin B3: 1.53mg (7.63%), Vitamin E: 0.98mg (6.53%), Magnesium: 20.27mg (5.07%), Phosphorus: 41.53mg (4.15%), Vitamin B6: 0.07mg (3.7%), Copper: 0.06mg (2.86%), Potassium: 99.4mg (2.84%), Fiber: 0.71g (2.84%), Folate: 10.66µg (2.67%), Vitamin C: 1.75mg (2.12%), Zinc: 0.3mg (2.02%), Vitamin B2: 0.03mg (1.74%), Iron: 0.27mg (1.52%), Vitamin B1: 0.02mg (1.47%), Vitamin B5: 0.14mg (1.4%)