



## Divinity



Vegetarian



Gluten Free



Dairy Free

READY IN



775 min.

SERVINGS



4

CALORIES



827 kcal

SIDE DISH

## Ingredients

- 0.7 cup plus light
- 2 egg whites
- 0.7 cup nuts coarsely chopped
- 2.7 cups sugar
- 1 teaspoon vanilla
- 0.5 cup water

## Equipment

- bowl

- sauce pan
- blender
- hand mixer
- stand mixer
- candy thermometer

## Directions

- Cook sugar, corn syrup and water (use 1 tablespoon less water on humid days) in 2-quart saucepan over low heat, stirring constantly, until sugar is dissolved. Continue cooking, without stirring, to 260F on candy thermometer or until small amount of mixture dropped into very cold water forms a hard ball that holds its shape but is pliable.
- Beat egg whites in medium bowl with electric mixer on high speed until stiff peaks form. Continue beating while pouring hot syrup in a thin stream into egg whites, beating constantly on medium speed. (For best results, use electric stand mixer, not a portable handheld mixer since beating time is about 10 minutes and mixture is thick.)
- Add vanilla. Beat until mixture holds its shape and becomes slightly dull. (
- Mixture may become too stiff for mixer.) Gently stir in nuts.
- Drop mixture from buttered spoon onto waxed paper.
- Let stand at room temperature at least 12 hours, turning candies over once, until candies feel firm. Store in airtight container.

## Nutrition Facts



**PROTEIN 2.66%** **FAT 13.35%** **CARBS 83.99%**

## Properties

Glycemic Index:29.69, Glycemic Load:102.54, Inflammation Score:-1, Nutrition Score:5.6613043047812%

## Nutrients (% of daily need)

Calories: 827.41kcal (41.37%), Fat: 12.91g (19.87%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 182.77g (60.92%), Net Carbohydrates: 180.61g (65.68%), Sugar: 176.95g (196.61%), Cholesterol: 0mg (0%), Sodium: 65.92mg (2.87%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 5.79g (11.58%), Manganese: 0.47mg (23.71%), Copper: 0.33mg (16.26%), Magnesium: 56.63mg (14.16%), Phosphorus: 106.71mg (10.67%), Fiber: 2.16g (8.64%), Vitamin B2: 0.14mg (8.24%), Zinc: 1.18mg (7.89%), Selenium: 4.2µg (6%), Vitamin B3: 1.15mg (5.74%), Vitamin B1: 0.08mg

(5.48%), Iron: 0.97mg (5.38%), Potassium: 172.45mg (4.93%), Vitamin B6: 0.07mg (3.6%), Vitamin B5: 0.32mg (3.18%), Folate: 12.6µg (3.15%), Calcium: 27.57mg (2.76%)