



## Divinity



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



775 min.

SERVINGS



48

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

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

## Equipment

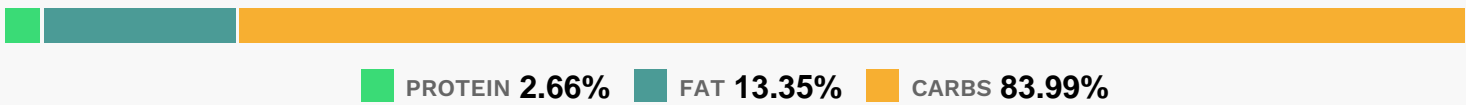
- ☐ bowl

- ☐ 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 260°F 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



## Properties

Glycemic Index:2.47, Glycemic Load:8.54, Inflammation Score:-1, Nutrition Score:0.47260869683131%

## Nutrients (% of daily need)

Calories: 68.95kcal (3.45%), Fat: 1.08g (1.66%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 15.05g (5.47%), Sugar: 14.75g (16.38%), Cholesterol: 0mg (0%), Sodium: 5.49mg (0.24%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 0.48g (0.96%), Manganese: 0.04mg (1.98%), Copper: 0.03mg (1.35%), Magnesium: 4.72mg (1.18%)