



Gram's Potato Candy

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



32

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce confectioners' sugar
- ☐ 1 tablespoon milk as needed
- ☐ 0.3 cup peanut butter
- ☐ 1 small potatoes cubed peeled

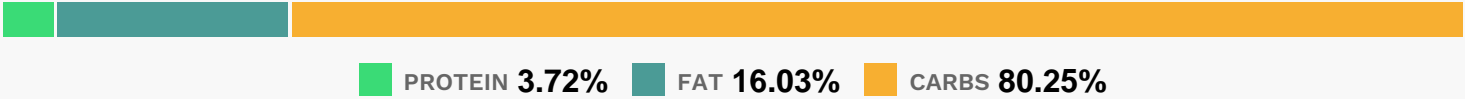
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Place potato cubes in a small sauce pan and cover with salted water. Bring to a boil, then reduce heat to medium-low and simmer until tender, about 15 minutes.
- ☐ Drain and cool.
- ☐ Mash potato in a large bowl until smooth.
- ☐ Stir 1 cup confectioners' sugar into mashed potato; mix well. Gradually stir remaining confectioners' sugar and milk to form a firm dough. Incorporate green food coloring at this point if using.
- ☐ Sprinkle work surface with confectioners' sugar, and roll dough into an 8x12-inch rectangle about 1/2 inch thick.
- ☐ Spread peanut butter evenly onto the dough.
- ☐ Tightly roll dough into a log, jelly roll-style, beginning at the wide end.
- ☐ Wrap log in plastic wrap and chill in refrigerator until the candy sets up, about 1 hour.
- ☐ Cut into 1/4-inch slices.

Nutrition Facts



Properties

Glycemic Index:4.24, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:0.81652174347445%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 75.56kcal (3.78%), Fat: 1.39g (2.14%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 15.45g (5.62%), Sugar: 14.21g (15.79%), Cholesterol: 0.06mg (0.02%), Sodium: 12.31mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Manganese: 0.05mg (2.41%), Vitamin B3: 0.41mg (2.07%), Vitamin E: 0.25mg (1.64%), Magnesium: 5.82mg (1.46%), Vitamin B6: 0.03mg (1.39%), Vitamin C: 1.05mg (1.27%), Phosphorus: 12.61mg (1.26%), Potassium: 38.51mg (1.1%)