



Greek Sesame Seed Candy



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



42

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup mild honey
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sesame seed toasted
- ☐ 42 servings vegetable oil for oiling pan

Equipment

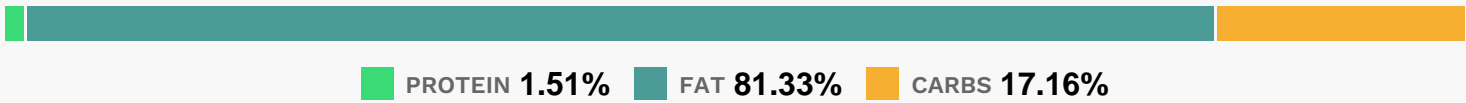
- ☐ sauce pan
- ☐ knife
- ☐ baking pan

- ☐ kitchen thermometer
- ☐ wax paper
- ☐ springform pan
- ☐ cutting board

Directions

- ☐ Put bakeware liner in a large shallow baking pan (1 inch deep).
- ☐ Remove bottom of springform pan and set aside. Oil inside of springform ring with vegetable oil and put ring, upside down, in center of bakeware liner.
- ☐ Bring honey, sesame seeds, and salt to a boil in a 2-quart heavy saucepan over moderate heat, stirring, then boil undisturbed until mixture registers 280 to 290°F on thermometer, about 15 minutes.
- ☐ Holding ring in place, quickly pour mixture into ring, then cool on a rack until candy is set but still warm, about 40 minutes. Unmold by peeling ring with candy off bakeware liner.
- ☐ Transfer candy to a cutting board, then run a paring knife around edge of springform ring and lift ring off candy.
- ☐ Cut candy into 1-inch pieces with an oiled large knife.
- ☐ • Candy keeps, layered between sheets of parchment or wax paper, in an airtight container in a cool dry place 1 week.*Available at cookware shops and Bridge Cookware (800-274-3435).

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:3.61, Inflammation Score:-1, Nutrition Score:2.9821739302867%

Nutrients (% of daily need)

Calories: 168.76kcal (8.44%), Fat: 15.77g (24.27%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 7.05g (2.56%), Sugar: 6.64g (7.37%), Cholesterol: 0mg (0%), Sodium: 28.4mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.15mg (7.69%), Copper: 0.15mg (7.44%), Manganese: 0.09mg (4.72%), Calcium: 35.32mg (3.53%), Magnesium: 12.7mg (3.17%), Iron: 0.56mg (3.09%), Phosphorus: 22.79mg (2.28%), Zinc: 0.29mg (1.96%), Vitamin B1: 0.03mg (1.88%), Selenium: 1.29µg (1.85%), Fiber: 0.44g (1.75%), Vitamin B6: 0.03mg (1.51%)