

Hard Candy



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



4342 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups plus light
- ☐ 1 tablespoon cranberry-orange relish flavored
- ☐ 1 cup water
- ☐ 3.8 cups sugar white

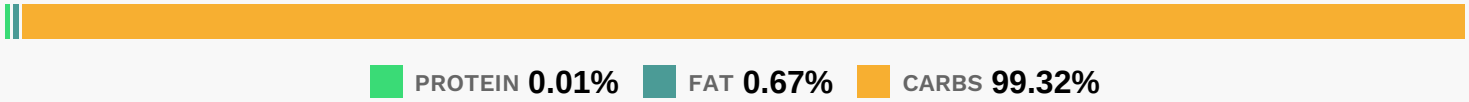
Equipment

- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, stir together the white sugar, corn syrup, and water. Cook, stirring, over medium heat until sugar dissolves, then bring to a boil. Without stirring, heat to 300 to 310 degrees F (149 to 154 degrees C), or until a small amount of syrup dropped into cold water forms hard, brittle threads.
- ☐ Remove from heat and stir in flavored extract and food coloring, if desired.
- ☐ Pour onto a greased cookie sheet, and dust the top with confectioners' sugar.
- ☐ Let cool, and break into pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:131.59, Glycemic Load:598.81, Inflammation Score:6, Nutrition Score:4.0095651292283%

Flavonoids

Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg Naringenin: 2.27mg, Naringenin: 2.27mg, Naringenin: 2.27mg, Naringenin: 2.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 4342kcal (217.1%), Fat: 3.44g (5.29%), Saturated Fat: Og (0.01%), Carbohydrates: 1141.58g (380.53%), Net Carbohydrates: 1141.22g (414.99%), Sugar: 1142.71g (1269.68%), Cholesterol: Omg (0%), Sodium: 336.46mg (14.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Vitamin B1: 0.31mg (20.98%), Zinc: 2.36mg (15.73%), Selenium: 8.15µg (11.65%), Vitamin C: 7.87mg (9.54%), Vitamin B2: 0.15mg (8.73%), Calcium: 87.01mg (8.7%), Copper: 0.1mg (4.85%), Magnesium: 8.96mg (2.24%), Iron: 0.39mg (2.17%), Manganese: 0.03mg (1.68%), Fiber: 0.35g (1.42%), Potassium: 46.88mg (1.34%), Folate: 4.44µg (1.11%)