

Hard Rock Candy



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



9

CALORIES



541 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons cinnamon oil
- ☐ 1 cup confectioners' sugar
- ☐ 1.5 cups plus light
- ☐ 1 teaspoon food coloring red
- ☐ 1 cup water
- ☐ 3.8 cups sugar white

Equipment

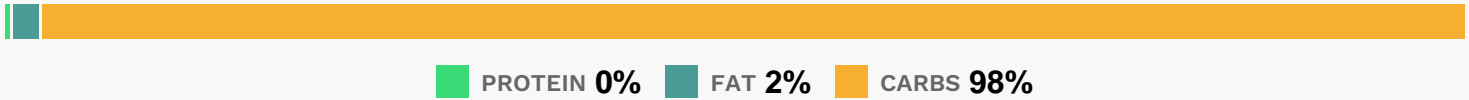
- ☐ sauce pan

- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Roll the edges of two 16 inch square pieces of heavy duty aluminum foil.
- ☐ Sprinkle the foil very generously with confectioners' sugar.
- ☐ In a large heavy saucepan, combine the white sugar, corn syrup, and water.
- ☐ Heat over medium-high heat, stirring constantly until sugar dissolves. Stop stirring, and boil until a candy thermometer reads 300 to 310 degrees F (149 to 154 degrees C).
- ☐ Remove from heat.
- ☐ Stir in the cinnamon oil and food coloring.
- ☐ Pour onto the prepared foil, and allow to cool and harden. Crack into pieces, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:66.47, Inflammation Score:1, Nutrition Score:0.4486956541305%

Nutrients (% of daily need)

Calories: 541.4kcal (27.07%), Fat: 1.27g (1.95%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 139.95g (46.65%), Net Carbohydrates: 139.95g (50.89%), Sugar: 139.85g (155.39%), Cholesterol: 0mg (0%), Sodium: 37.65mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin B1: 0.03mg (2.24%), Zinc: 0.26mg (1.75%), Selenium: 0.98µg (1.4%), Vitamin B2: 0.02mg (1.08%), Vitamin E: 0.16mg (1.04%)