



Honey-Butterscotch Candy

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



100

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup plus light
- 2 cups granulated sugar
- 0.3 cup honey
- 0.5 cup brown sugar light packed
- 0.8 teaspoon salt fine
- 8 tablespoons butter unsalted as needed plus more cut into 1-inch pieces, (1 stick)
- 0.5 teaspoon vanilla extract
- 0.8 cup water

Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- baking pan
- wooden spoon
- cutting board
- baking spatula
- candy thermometer

Directions

- Cut a piece of parchment paper to fit the bottom of a 13-by-9-inch baking dish. Line the dish with the parchment so it lays smooth and flat. Coat the parchment and sides of the baking dish with a thin layer of cooking spray or butter; set aside.
- Place the sugars, water, and corn syrup in a large saucepan over medium heat and stir until the sugars melt, about 10 minutes. Attach a candy thermometer to the saucepan and cook the mixture, without stirring, until it reaches 270°F, about 20 to 25 minutes. Meanwhile heat the oven to 350°F and arrange a rack in the middle.
- Add the measured butter, honey, and salt and cook, stirring constantly with a wooden spoon or silicone spatula, until the mixture reaches 300°F, about 10 to 12 minutes. (The mixture will lighten in color and become foamy.)
- Remove the pan from the heat and stir in the vanilla (it may sputter slightly).
- Pour the mixture into the prepared dish in an even layer and let it cool until slightly set, about 15 minutes. Turn the candy out onto a cutting board paper-side up. Peel off and discard the parchment paper. Score the candy into 1-inch squares, cutting about three-quarters of the way through. (If your candy is too hard to cut through, place it in the oven on a baking sheet until slightly softened, about 5 minutes, and score again.)
- Let the candy cool until almost completely hardened, about 3 minutes more. Break into squares. (If the squares don't easily crack, let the candy cool for 1 to 2 minutes more.) Store at

room temperature in an airtight container, in layers divided by parchment paper, for up to 2 weeks.

Nutrition Facts



PROTEIN 0.15% **FAT 22.69%** **CARBS 77.16%**

Properties

Glycemic Index:1.41, Glycemic Load:3.41, Inflammation Score:-1, Nutrition Score:0.08391304322235%

Nutrients (% of daily need)

Calories: 35.07kcal (1.75%), Fat: 0.92g (1.42%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 7.07g (2.57%), Sugar: 7.07g (7.85%), Cholesterol: 2.41mg (0.8%), Sodium: 19.09mg (0.83%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 0.01g (0.03%)