

Maple Syrup Taffy

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



25 min.

SERVINGS



15

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups real maple syrup
- 15 wooden pop sticks
- 1 gallon clean snow fresh

Equipment

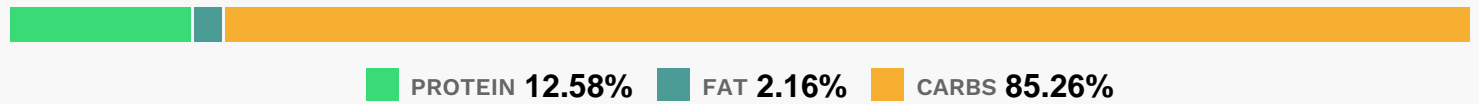
- bowl
- sauce pan
- baking pan
- wooden spoon

candy thermometer

Directions

- Pack a large bowl or baking dish full of clean, fresh snow. Smooth the top of the snow flat, and place it in the freezer to stay cold while you cook the taffy.
- Pour the maple syrup into a large saucepan, bring it to a boil, and cook over medium-low heat, stirring with a wooden spoon, until a candy thermometer reads between 235 and 245 F (112 to 118 C), or a small amount of syrup dropped into cold water forms a firm ball.
- Pour about 2 tablespoons of syrup per piece over the snow in thin lines about 5 inches long.
- Let the syrup strips cool and become firm for 3 to 5 seconds. Pull the candy strips out of the snow, and then wind into a lollipop around the end of a wooden pop stick. Eat while still a little warm.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:10.98, Inflammation Score:-10, Nutrition Score:25.533913156261%

Nutrients (% of daily need)

Calories: 225.78kcal (11.29%), Fat: 0.55g (0.85%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 42.05g (15.29%), Sugar: 35.83g (39.81%), Cholesterol: 0mg (0%), Sodium: 14.04mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Vitamin C: 151.42mg (183.54%), Manganese: 1.61mg (80.72%), Vitamin K: 63.1µg (60.1%), Vitamin A: 2745.12IU (54.9%), Vitamin B2: 0.75mg (44%), Iron: 5.33mg (29.6%), Vitamin B1: 0.41mg (27.19%), Fiber: 6.71g (26.83%), Folate: 106.3µg (26.58%), Vitamin B6: 0.41mg (20.27%), Vitamin B5: 1.9mg (18.98%), Magnesium: 71.02mg (17.76%), Potassium: 604.61mg (17.27%), Calcium: 155.38mg (15.54%), Phosphorus: 137.33mg (13.73%), Copper: 0.2mg (10.1%), Vitamin B3: 1.57mg (7.86%), Zinc: 1.01mg (6.75%), Vitamin E: 0.99mg (6.58%), Selenium: 1.77µg (2.52%)