

Mint Lollipops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon plus light
- ☐ 3 cups mint leaves packed (peppermint or spearmint)
- ☐ 0.3 teaspoon spearmint extract pure
- ☐ 2 cups sugar
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ kitchen thermometer
- ☐ spatula
- ☐ pastry brush
- ☐ lollipop sticks

Directions

- ☐ Lightly oil 2 large baking sheets.
- ☐ Bring water to a boil in a 1-quart heavy saucepan, then stir in mint and remove from heat. Cool slightly, about 2 minutes, then purée in a blender, about 1 minute (use caution when blending hot liquids). Strain through a fine-mesh sieve lined with 2 layers of paper towel into a bowl, pressing on and then discarding solids (you should have at least 2/3 cup liquid).
- ☐ Have an ice bath ready.
- ☐ Heat sugar, corn syrup, and 2/3 cup mint liquid in cleaned saucepan over medium heat, stirring, until sugar has dissolved. Bring to a boil over medium heat, without stirring, washing any sugar crystals down side of pan with a pastry brush dipped in cold water and skimming any foam from surface.
- ☐ Put thermometer into syrup and boil until it registers 300°F (hard-crack stage), then stir in mint extract. Immediately dip bottom of pan in ice bath to stop cooking.
- ☐ Pour a 2-inch pool of syrup onto 1 of the baking sheets and quickly put a lollipop stick in it. Continue making lollipops, spacing pools of syrup 2 inches apart. (If syrup becomes too thick to pour, heat to thin it.)
- ☐ Let lollipops cool and harden, about 15 minutes, then gently loosen with a thin metal spatula. If desired, individually wrap lollipops in cellophane wrappers.
- ☐ · To make raspberry lollipops, substitute 1 1/4 cups raspberries (6 ounces) for mint leaves, use only 2/3 cup water, and omit mint extract.· Lollipops keep, individually wrapped in cellophane, 2 weeks.

Nutrition Facts



 **PROTEIN 1.13%**  **FAT 1.31%**  **CARBS 97.56%**

Properties

Glycemic Index:3.71, Glycemic Load:11.77, Inflammation Score:-2, Nutrition Score:1.0147826140342%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg

Nutrients (% of daily need)

Calories: 70.7kcal (3.53%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 17.69g (6.43%), Sugar: 17.34g (19.26%), Cholesterol: 0mg (0%), Sodium: 2.97mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin A: 238.95IU (4.78%), Manganese: 0.07mg (3.34%), Vitamin C: 1.79mg (2.17%), Fiber: 0.45g (1.8%), Iron: 0.29mg (1.63%), Folate: 6.41µg (1.6%), Calcium: 14.25mg (1.43%), Magnesium: 4.61mg (1.15%), Vitamin B2: 0.02mg (1.07%), Copper: 0.02mg (1.06%)