

# Molasses Sponge Candy

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1947 kcal

SIDE DISH

## Ingredients

- 2.5 teaspoons baking soda
- 0.3 teaspoon cream of tartar
- 0.5 cup blackstrap molasses
- 1.5 cups sugar
- 3 tablespoons butter unsalted
- 0.3 cup water

## Equipment

- frying pan

- sauce pan
- whisk
- baking pan
- aluminum foil
- wax paper
- pastry brush
- candy thermometer

## Directions

- Line bottom and sides of a 13- by 9-inch baking pan with foil, then butter foil.
- Bring sugar, water, butter, and cream of tartar to a boil in a deep 3-quart heavy saucepan over moderate heat, stirring until sugar is dissolved, then wash down any sugar crystals with a pastry brush dipped in cold water. Boil without stirring until syrup registers 265°F (hard-ball stage) on a candy thermometer, about 10 minutes.
- Add molasses (don't stir) and continue to boil undisturbed until syrup registers 295°F (hard-crack stage), 4 to 5 minutes.
- Remove pan from heat and sift baking soda over syrup, then whisk to incorporate. (Use caution: mixture will bubble vigorously.)
- Immediately pour syrup into lined baking pan and cool completely. Lift candy in foil from pan, then discard foil and break candy into pieces.
- Candy keeps, layered between wax paper in an airtight container, 1 month.

## Nutrition Facts

**PROTEIN 0.07%** **FAT 15.69%** **CARBS 84.24%**

## Properties

Glycemic Index:114.09, Glycemic Load:264.81, Inflammation Score:-9, Nutrition Score:25.146086789101%

## Nutrients (% of daily need)

Calories: 1946.72kcal (97.34%), Fat: 35.19g (54.15%), Saturated Fat: 21.6g (135.03%), Carbohydrates: 425.16g (141.72%), Net Carbohydrates: 425.15g (154.6%), Sugar: 425.29g (472.55%), Cholesterol: 90.3mg (30.1%), Sodium: 2810.3mg (122.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Manganese: 2.59mg

(129.66%), Magnesium: 409.41mg (102.35%), Potassium: 2599.93mg (74.28%), Vitamin B6: 1.13mg (56.51%), Selenium: 32.23µg (46.05%), Iron: 8.14mg (45.22%), Copper: 0.86mg (43.12%), Calcium: 360.93mg (36.09%), Vitamin A: 1049.58IU (20.99%), Vitamin B5: 1.4mg (14.01%), Vitamin B3: 1.58mg (7.92%), Vitamin E: 0.97mg (6.5%), Phosphorus: 62.35mg (6.24%), Vitamin B1: 0.07mg (4.75%), Vitamin B2: 0.07mg (4.39%), Vitamin D: 0.63µg (4.2%), Zinc: 0.57mg (3.78%), Vitamin K: 2.94µg (2.8%), Vitamin B12: 0.07µg (1.19%)