



My Dad's Candy



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon butter
- ☐ 2 tablespoons peanut butter
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white
- ☐ 1 cup milk whole

Equipment

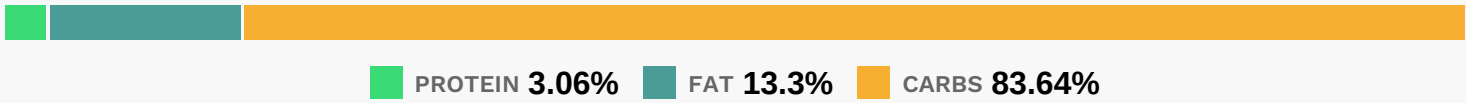
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ pot
- ☐ baking pan

Directions

- ☐ Butter a shallow baking dish or cookie sheet generously, and set aside.
- ☐ In a cast-iron pot or heavy saucepan, stir together the sugar and milk.
- ☐ Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- ☐ Remove from the heat, and stir in the peanut butter until smooth, then stir in the vanilla.
- ☐ Pour onto the prepared pan, and refrigerate for about 45 minutes. Break into pieces when cooled.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:35.54, Inflammation Score:-1, Nutrition Score:1.8626086822023%

Nutrients (% of daily need)

Calories: 240.6kcal (12.03%), Fat: 3.69g (5.67%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 51.99g (18.9%), Sugar: 51.85g (57.61%), Cholesterol: 5mg (1.67%), Sodium: 33.31mg (1.45%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 1.91g (3.81%), Phosphorus: 44.54mg (4.45%), Calcium: 40.18mg (4.02%), Vitamin B2: 0.06mg (3.52%), Manganese: 0.06mg (3.15%), Vitamin B3: 0.57mg (2.83%), Vitamin B12: 0.17µg (2.76%), Vitamin E: 0.39mg (2.63%), Magnesium: 10.49mg (2.62%), Vitamin D: 0.34µg (2.24%), Potassium: 70.2mg (2.01%), Vitamin B6: 0.04mg (1.83%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.23mg (1.55%), Vitamin B1: 0.02mg (1.51%), Selenium: 1.05µg (1.5%), Vitamin A: 65.03IU (1.3%), Copper: 0.02mg (1.05%)