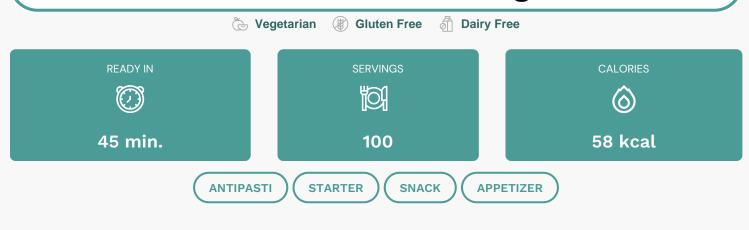


# **Non-Evil Turkish Delight**



## **Ingredients**

130 g powdered sugar
0.5 cup powdered sugar with 1 cup confectioners' sugar sifted
150 g cornstarch
3 g cream of tartar
575 g granulated sugar
175 g honey
300 g pistachios raw unsalted shelled canned (if you can only find them , check out how to toast them yourself on )
12 g rosewater

	600 g water
Equipment	
	bowl
	frying pan
	baking sheet
	sauce pan
	knife
	whisk
	plastic wrap
	wax paper
	spatula
	cutting board
	candy thermometer
	chefs knife
	oven mitt
Directions	
	Generously coat the baking sheet with cooking spray, and set it aside.
	Combine the sugar, honey, water, and cream of tartar in a medium-size (4-quart) saucepan, and mix with the heatproof spatula to combine. Bring the mixture to a boil over high heat, and insert the candy thermometer. Reduce the heat to medium-high and cook, without stirring, until the temperature reaches 260°F/127°C (hard ball stage), about 15 minutes.
	Meanwhile (keeping an eye on the sugar syrup), make the cornstarch mixture: In a large (6-quart) saucepan, whisk together the cornstarch, confectioners' sugar, water, and cream of tartar to combine. Once the sugar syrup reaches 250°F/121°C (firm ball stage), place the cornstarch mixture over medium heat and cook, stirring constantly with the whisk; it will thicken and boil quickly, 2 to 3 minutes. Turn off the heat, but leave the mixture on the hot burner; stir well a few times with a whisk, and set aside.
	At this point, the sugar syrup should be close to 260°F/127°C (hard ball stage); when it reaches that temperature, remove it from the heat and carefully pour it into the cornstarch



mixture. Stir well with the whisk to combine. Bring everything to a low boil over medium heat.

until the mixture is thick and gluey and a light golden color, 30 to 45 minutes. Don't turn your

Then reduce the heat to low and cook at a low simmer, stirring frequently with the spatula,

#### **Properties**

Glycemic Index:1.4, Glycemic Load:4.86, Inflammation Score:-1, Nutrition Score:0.75086954948695%

#### **Flavonoids**

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Catechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.04mg, Quercetin: 0.04mg, Querce

### Nutrients (% of daily need)

Calories: 57.5kcal (2.88%), Fat: 1.38g (2.12%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.95g (3.98%), Sugar: 9.26g (10.29%), Cholesterol: Omg (0%), Sodium: 0.65mg (0.03%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.62g (1.23%), Vitamin B6: 0.05mg (2.57%), Copper: 0.04mg (2.1%), Manganese: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.74%), Phosphorus: 14.97mg (1.5%), Fiber: 0.33g (1.3%), Potassium: 36.81mg (1.05%)