



Oklahoma Nut Candy

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup butter
- 2 cups heavy whipping cream
- 1 cup nuts chopped
- 1 teaspoon vanilla extract
- 4 cups sugar white

Equipment

- frying pan

- sauce pan
- wooden spoon
- candy thermometer

Directions

- Butter a 9x13 inch pan and set aside.
- Place the 2 cups sugar in a heavy bottomed saucepan. Stir over low heat until sugar has completely melted.
- Meanwhile, in a large heavy saucepan combine the 4 cups sugar and heavy cream. Stir and heat over low.
- Once the 2 cups of sugar has completely melted, pour it in a fine stream into the sugar/cream mixture while stirring vigorously. Raise heat to medium low and cook, stirring frequently, until it reaches 244 to 248 degrees F (118 to 120 degrees C) on a candy thermometer.
- Remove from heat and vigorously stir in the baking soda. Stir in the butter until melted. Set aside to cool for 20 minutes. Stir in the vanilla and beat with a wooden spoon until non-glossy and it starts to set up. Stir in the nuts and spread into the prepared pan. Cool and cut into bite-size pieces.

Nutrition Facts



PROTEIN 2.38% **FAT 46.35%** **CARBS 51.27%**

Properties

Glycemic Index:4.99, Glycemic Load:18.85, Inflammation Score:-2, Nutrition Score:1.7847826124533%

Nutrients (% of daily need)

Calories: 212.64kcal (10.63%), Fat: 11.35g (17.46%), Saturated Fat: 5.93g (37.03%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 27.81g (10.11%), Sugar: 27.1g (30.11%), Cholesterol: 26.06mg (8.69%), Sodium: 38.59mg (1.68%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Protein: 1.31g (2.63%), Vitamin A: 328.51IU (6.57%), Manganese: 0.09mg (4.73%), Copper: 0.07mg (3.26%), Phosphorus: 31mg (3.1%), Magnesium: 12mg (3%), Vitamin B2: 0.05mg (2.7%), Fiber: 0.43g (1.73%), Vitamin D: 0.25µg (1.69%), Vitamin E: 0.23mg (1.56%), Zinc: 0.23mg (1.51%), Calcium: 15.02mg (1.5%), Potassium: 45.37mg (1.3%), Vitamin B3: 0.24mg (1.19%), Iron: 0.21mg (1.15%), Vitamin B5: 0.1mg (1.03%)