



Old-Time Taffy Pull

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



514 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons almond extract
- 0.5 cup almonds sliced
- 2 tablespoons butter
- 0.3 cup plus light
- 1 tablespoon cornstarch
- 10 drops food coloring green
- 1 teaspoon salt
- 1 teaspoon vanilla extract

- 0.7 cup water
- 1 cup sugar white

Equipment

- frying pan
- sauce pan
- plastic wrap
- kitchen scissors
- candy thermometer

Directions

- Butter one 8 inch square pan; set aside.
- In a 2 quart saucepan over medium heat, combine the sugar, corn syrup, water, butter, cornstarch and salt.
- Mix together well and bring to a boil.
- Heat without stirring until a candy thermometer reads 250 degrees F (120 degrees C).
- Remove from heat; stir in vanilla, almond extract, almonds and food color.
- Pour into pan.
- Let stand until cool enough to handle. (Taffy should be lukewarm in center as well as at the edges.)
- At this point, fold, double and pull the taffy until it is light in color and stiff. Butter hands lightly if taffy begins to stick.
- Cut taffy into pieces with scissors and wrap the pieces with plastic wrap to maintain shape.

Nutrition Facts



Properties

Glycemic Index:49.7, Glycemic Load:50.83, Inflammation Score:-3, Nutrition Score:5.4756522100905%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 514.47kcal (25.72%), Fat: 15.49g (23.84%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 94.48g (31.49%), Net Carbohydrates: 92.54g (33.65%), Sugar: 89.54g (99.48%), Cholesterol: 20.07mg (6.69%), Sodium: 856.84mg (37.25%), Alcohol: 1.38g (100%), Alcohol %: 0.96% (100%), Protein: 3.34g (6.68%), Vitamin E: 4.14mg (27.61%), Manganese: 0.37mg (18.28%), Vitamin B2: 0.19mg (11.44%), Magnesium: 42.98mg (10.74%), Copper: 0.18mg (8.79%), Fiber: 1.94g (7.76%), Phosphorus: 76.58mg (7.66%), Calcium: 50.4mg (5.04%), Vitamin A: 233.39IU (4.67%), Zinc: 0.63mg (4.21%), Potassium: 122.41mg (3.5%), Iron: 0.63mg (3.49%), Vitamin B1: 0.05mg (3.27%), Vitamin B3: 0.58mg (2.88%), Selenium: 1.4µg (2%), Folate: 7.03µg (1.76%), Vitamin B6: 0.02mg (1.12%)