



Pioneer Potato Candy

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



24

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup coconut or shredded
- 2 pounds confectioners' sugar
- 1 cup potatoes cooked mashed
- 0.5 teaspoon salt
- 1 pound bittersweet chocolate chopped
- 2 teaspoons vanilla extract

Equipment

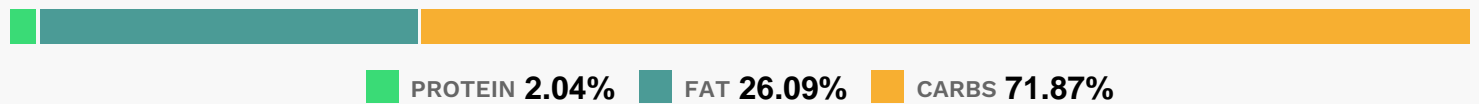
- mixing bowl

double boiler

Directions

- In the top of a double boiler, heat chocolate, stirring occasionally, until chocolate is melted and smooth.
- In a mixing bowl, combine the potato, salt and vanilla. Sift the confectioners sugar over potato, stirring and adding about 1 cup at a time.
- Mixture will liquefy when first sugar is added then gradually begin to thicken.
- When it becomes the consistency of stiff dough, knead it even though not all the sugar has been added.
- After kneading, cover with a damp cloth and chill until a small spoonful can be rolled into a ball. Shape in small 1/2 inch balls. Dip balls in melted chocolate then roll in peanuts or coconut.

Nutrition Facts



Properties

Glycemic Index:3.91, Glycemic Load:1.13, Inflammation Score:-1, Nutrition Score:3.5530434535897%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 272.03kcal (13.6%), Fat: 7.99g (12.3%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 47.64g (17.32%), Sugar: 44.15g (49.06%), Cholesterol: 1.13mg (0.38%), Sodium: 52.09mg (2.26%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Caffeine: 16.25mg (5.42%), Protein: 1.41g (2.82%), Manganese: 0.3mg (14.98%), Copper: 0.26mg (12.9%), Magnesium: 36.03mg (9.01%), Fiber: 1.9g (7.62%), Iron: 1.34mg (7.45%), Phosphorus: 56.66mg (5.67%), Potassium: 153.17mg (4.38%), Zinc: 0.55mg (3.7%), Selenium: 2.07µg (2.95%), Vitamin C: 1.8mg (2.18%), Vitamin B6: 0.03mg (1.68%), Vitamin K: 1.53µg (1.46%), Calcium: 13.52mg (1.35%), Vitamin B3: 0.26mg (1.32%), Vitamin B2: 0.02mg (1.18%)