



Pond Pops



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



246 kcal

Ingredients

- ☐ 12 drops food coloring blue
- ☐ 0.7 cup plus light
- ☐ 1 package gummy fish candies red recommended: Swedish fish
- ☐ 1 package pumpkin candies and gummy worms
- ☐ 1 tablespoon lemon extract pure
- ☐ 1 pinch salt
- ☐ 3 cups sugar
- ☐ 1 cup water

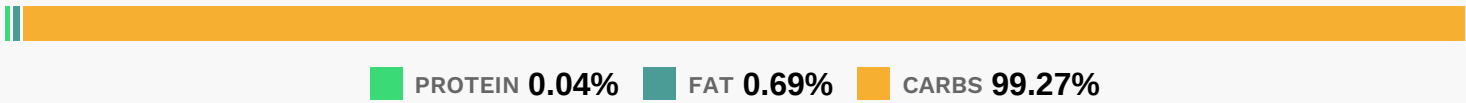
Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ measuring cup
- ☐ candy thermometer
- ☐ lollipop sticks

Directions

- ☐ Special equipment: 12 lollipop sticks, candy thermometer
- ☐ Tear off two lengths of parchment paper, each about 2 feet long and place on a flat heat resistant surface. Lightly coat with vegetable oil and lay out 6 lollipop sticks per sheet.
- ☐ Put the sugar, corn syrup, water and salt into a saucepan and place over high heat. Bring to a boil, stirring until the sugar dissolves. Continue to boil until the mixture reaches 300 degrees F (hard-crack stage) on the candy thermometer. Stir in the extract and food coloring and transfer to a Pyrex measuring cup.
- ☐ Let the candy mixture cool for 2 minutes.
- ☐ Pour the mix slowly onto the sticks, forming a 3-inch circle. Wait 45 seconds after pouring and then place the gummy worm at the end of the stick as if it's a worm on a fishing pole and press 3 fish into the candy around the worm.
- ☐ Let cool until hardened, about 15 minutes, before removing from parchment.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:37.67, Inflammation Score:1, Nutrition Score:0.16260869833438%

Nutrients (% of daily need)

Calories: 246.46kcal (12.32%), Fat: 0.2g (0.31%), Saturated Fat: 0g (0%), Carbohydrates: 64.41g (21.47%), Net Carbohydrates: 64.41g (23.42%), Sugar: 64.48g (71.65%), Cholesterol: 0.04mg (0.01%), Sodium: 16.54mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%)