

Pure Maple Candy

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



51 min.

SERVINGS



18

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups maple syrup pure
- 0.5 cup walnuts chopped

Equipment

- sauce pan
- wooden spoon
- candy thermometer

Directions

- In a large heavy-bottomed saucepan, bring the maple syrup to a boil over medium-high heat stirring occasionally. Boil until syrup reaches 235 degrees F (110 degrees C) on a candy thermometer.
- Remove from heat and cool to 175 degrees F (80 degrees C) without stirring, about 10 minutes.
- Stir mixture rapidly with a wooden spoon for about 5 minutes until the color turns lighter and mixture becomes thick and creamy. Stir in chopped nuts, if desired.
- Pour into molds. Set aside to cool. Once cool, unmold candy. Store in airtight containers up to 1 month.

Nutrition Facts



Properties

Glycemic Index:3.14, Glycemic Load:8.84, Inflammation Score:-1, Nutrition Score:4.1939129828597%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 117.86kcal (5.89%), Fat: 2.12g (3.26%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 24.33g (8.85%), Sugar: 21.52g (23.91%), Cholesterol: 0mg (0%), Sodium: 3.29mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Manganese: 0.93mg (46.69%), Vitamin B2: 0.46mg (27.01%), Calcium: 42.18mg (4.22%), Magnesium: 12.65mg (3.16%), Potassium: 94.83mg (2.71%), Copper: 0.05mg (2.58%), Zinc: 0.35mg (2.34%), Vitamin B1: 0.03mg (2.31%), Phosphorus: 11.24mg (1.12%)