

# Rock Candy



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



15

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.1 teaspoon cinnamon oil
- ☐ 10 drops food coloring red
- ☐ 28 inch clean kitchen string
- ☐ 4.5 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups water
- ☐ 48 oz canning jars
- ☐ 4 wooden skewers

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## Equipment

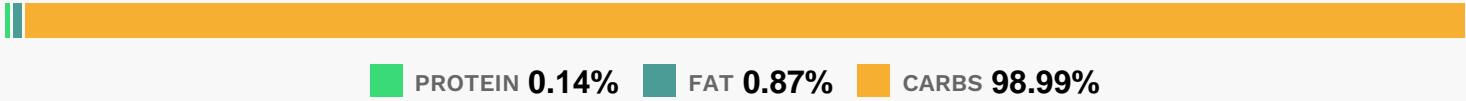
- ☐ sauce pan
- ☐ knife
- ☐ wire rack
- ☐ aluminum foil
- ☐ skewers
- ☐ dutch oven
- ☐ tongs
- ☐ wooden skewers

## Directions

- ☐ Arrange jars in bottom of a large Dutch oven, and fill with enough water to cover jars by 1 inch. Bring to a boil over medium-high heat; boil 2 minutes (this is to sterilize). Carefully remove jars with kitchen tongs to a wire rack; cool completely, and dry.
- ☐ Tie strings around centers of wooden skewers or pencils.
- ☐ Place one string in each jar, resting skewer or pencil across rim of jar, and making sure strings do not touch bottoms of jars. Set aside.
- ☐ Bring sugar and 2 cups water to a boil in a large saucepan over medium-high heat, stirring occasionally; boil, stirring occasionally, 5 minutes.
- ☐ Remove from heat. Stir in food coloring, cinnamon oil, and vanilla.
- ☐ Let stand 5 minutes.
- ☐ Pour about 1 cup syrup mixture carefully around skewer into each jar. Loosely cover with aluminum foil (including skewer); pierce aluminum foil several times with a skewer or knife.
- ☐ Let stand 10 to 14 days or until crystals form on strings. (Occasionally break up hard sugar layer on surface using a wooden skewer.)
- ☐ Remove strings from jars, and suspend strings between jars until crystals are dry (about 1 hour).

- ☐
- Remove strings from skewers or pencils.
- ☐
- \*10 drops of your favorite shade of food coloring may be substituted for red food coloring, and 2 tsp. of your favorite flavored extract, such as mint, strawberry, or orange, may be substituted for cinnamon oil.

# Nutrition Facts



## Properties

Glycemic Index:7.74, Glycemic Load:41.98, Inflammation Score:1, Nutrition Score:0.43434782455797%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 234.3kcal (11.72%), Fat: 0.24g (0.36%), Saturated Fat: 0g (0.03%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 60.03g (21.83%), Sugar: 60.1g (66.78%), Cholesterol: 0mg (0%), Sodium: 2.51mg (0.11%), Alcohol: 0.18g (100%), Alcohol %: 0.24% (100%), Protein: 0.09g (0.17%), Vitamin K: 2.06µg (1.96%)