



Sea Foam Candy



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



50

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup plus light
- ☐ 2 egg whites
- ☐ 1.8 cups brown sugar light packed
- ☐ 1 teaspoon pecan extract flavored
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water hot

☐ 0.8 cup sugar white

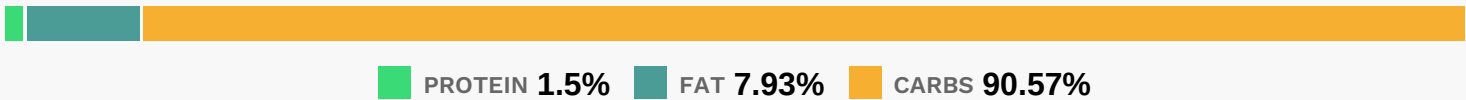
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer
- ☐ candy thermometer

Directions

- ☐ Combine light brown and white sugars, water, corn syrup, and salt in a heavy 2 quart saucepan. Cook covered until mixture boils rapidly.
- ☐ Remove lid, place candy thermometer in pan, and cook without stirring to 260 degrees F (127 degrees C).
- ☐ Remove from heat.
- ☐ Beat egg whites until stiff.
- ☐ Pour hot syrup in thin stream over egg whites, beating constantly with electric mixer on high speed.
- ☐ Add vanilla and pecan flavoring.
- ☐ Continue beating until soft peaks form and candy starts to lose its gloss. Stir in pecans and drop by spoonfuls onto waxed paper. When candy has set, store in airtight container.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:2.35, Inflammation Score:0, Nutrition Score:0.30304347820904%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 50.81kcal (2.54%), Fat: 0.47g (0.72%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 11.9g (4.33%), Sugar: 11.82g (13.13%), Cholesterol: 0mg (0%), Sodium: 16.99mg (0.74%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 0.2g (0.39%), Manganese: 0.03mg (1.68%)