



Sparkling Peppermint Candy

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup plus light divided
- 0.5 teaspoon food coloring paste red
- 2 cups granulated sugar
- 1 teaspoon peppermint flavoring
- 15 servings clear sparkling sugar
- 15 servings vegetable oil

Equipment

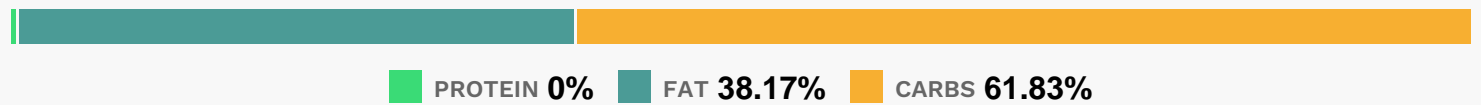
- frying pan

- sauce pan
- candy thermometer

Directions

- Generously oil the bottom and sides of a 15- x 10-inch jelly-roll pan. Stir together granulated sugar, 1/2 cup corn syrup, and 1/2 cup water in an oiled 3 1/2-qt. heavy saucepan over medium heat until a candy thermometer registers 300 to 310 (hard-crack stage, about 15 to 20 minutes).
- Remove from heat, and carefully stir in peppermint flavoring and food coloring until well blended; quickly pour mixture onto prepared jelly-roll pan. Cool 45 minutes or until completely cool. Carefully break into pieces.
- Carefully brush or dip edges (some edges will be jagged and sharp) of candy pieces with remaining 1/4 cup corn syrup, allowing excess syrup to drip off.
- Sprinkle with clear sparkling sugar.
- Clear Sparkling Peppermint Candy: Omit red food coloring. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:29.48, Inflammation Score:1, Nutrition Score:1.5195652414113%

Nutrients (% of daily need)

Calories: 320.88kcal (16.04%), Fat: 14.16g (21.78%), Saturated Fat: 2.14g (13.34%), Carbohydrates: 51.61g (17.2%), Net Carbohydrates: 51.61g (18.77%), Sugar: 51.68g (57.43%), Cholesterol: 0mg (0%), Sodium: 10.96mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.15mg (7.63%)