



Spooky-Sweet Candy Corn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1115 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.7 cup plus light
- ☐ 0.3 cup powdered milk
- ☐ 2.5 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 3 servings food coloring red yellow

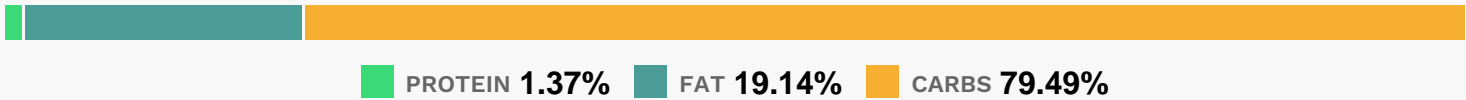
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ rolling pin

Directions

- ☐ Combine sugar, butter and corn syrup in a heavy saucepan over medium heat. Bring to a boil, stirring constantly. Reduce heat to low and boil 5 minutes, stirring occasionally.
- ☐ Remove from heat and add vanilla; set aside.
- ☐ Combine powdered sugar, salt and powdered milk; stir into sugar mixture.
- ☐ Let stand about 20 minutes, or until cool enough to handle. Divide dough into 3 equal parts and place in bowls. Wearing plastic gloves, knead desired amount of yellow food coloring into one bowl of dough; knead desired amount of yellow and red into the second bowl to create orange. Leave remaining bowl uncolored.
- ☐ Roll each portion of dough into a long, thin rope of equal lengths. Arrange dough ropes side-by-side; press seams together using a rolling pin.
- ☐ Cut into triangles with a sharp knife; shape edges to resemble corn kernels. Set aside until firm; store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:61.36, Glycemic Load:60.06, Inflammation Score:-3, Nutrition Score:5.1108695657357%

Nutrients (% of daily need)

Calories: 1115.34kcal (55.77%), Fat: 24.62g (37.87%), Saturated Fat: 15.34g (95.87%), Carbohydrates: 230.04g (76.68%), Net Carbohydrates: 230.04g (83.65%), Sugar: 228.18g (253.53%), Cholesterol: 68.02mg (22.67%), Sodium: 458.5mg (19.93%), Alcohol: 0.46g (100%), Alcohol %: 0.2% (100%), Protein: 3.96g (7.91%), Vitamin A: 763.14IU (15.26%), Calcium: 147.54mg (14.75%), Vitamin B2: 0.21mg (12.48%), Phosphorus: 116.5mg (11.65%), Vitamin D: 1.49µg (9.96%), Vitamin B12: 0.51µg (8.42%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.09mg (5.76%), Potassium:

201.31mg (5.75%), Zinc: 0.85mg (5.67%), Vitamin E: 0.67mg (4.45%), Vitamin B5: 0.35mg (3.51%), Magnesium: 13.52mg (3.38%), Vitamin B6: 0.04mg (2.2%), Vitamin K: 2.08µg (1.98%), Folate: 6.02µg (1.5%), Vitamin C: 1.22mg (1.48%), Copper: 0.02mg (1.21%)