



Stained Glass Candy I



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



697 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon almond extract
- ☐ 1.5 cups plus light
- ☐ 1 tablespoon food coloring red
- ☐ 1 cup water
- ☐ 3.5 cups sugar white

Equipment

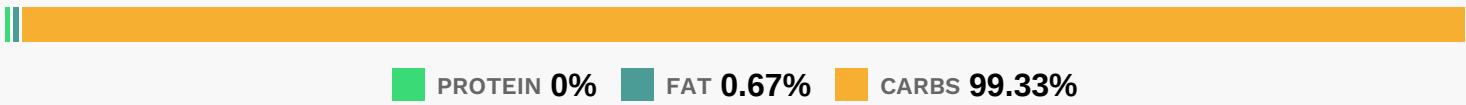
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Lightly grease one 12x18 inch or larger baking sheet.
- ☐ In a large heavy saucepan, combine the water, sugar and corn syrup.
- ☐ Heat over high, stirring constantly with a heat resistant spoon, until all sugar is dissolved. Stop stirring and bring to a boil. Boil until a candy thermometer reads 310 degrees F (154 degrees C).
- ☐ Remove from heat.
- ☐ When bubbling has ceased, stir in the flavoring and a food coloring.
- ☐ Spread into the prepared pan so that the candy is no more than 1/4 inch thick. Cool for 45 minutes in the refrigerator.
- ☐ Remove from refrigerator, crack into pieces and enjoy!

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:93.89, Inflammation Score:1, Nutrition Score:0.56173911974158%

Nutrients (% of daily need)

Calories: 696.66kcal (34.83%), Fat: 0.55g (0.84%), Saturated Fat: Og (0%), Carbohydrates: 181.95g (60.65%), Net Carbohydrates: 181.95g (66.16%), Sugar: 182.18g (202.42%), Cholesterol: Omg (0%), Sodium: 56.19mg (2.44%), Alcohol: 0.75g (100%), Alcohol %: 0.38% (100%), Protein: Og (0%), Vitamin B1: 0.05mg (3.37%), Zinc: 0.39mg (2.62%), Selenium: 1.3µg (1.85%), Vitamin B2: 0.02mg (1.43%), Calcium: 13.67mg (1.37%)