



Taffy



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



30

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1.3 cups plus
- ☐ 0.5 teaspoon vanilla and/or mint extract
- ☐ 1 cup sugar
- ☐ 1 tablespoon water
- ☐ 1 tablespoon vinegar white

Equipment

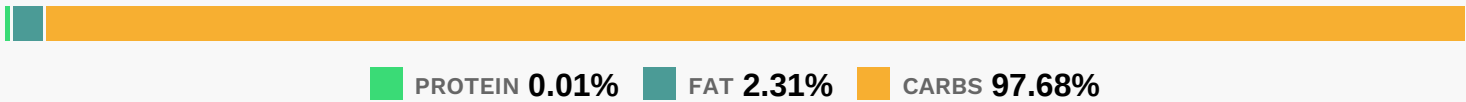
- ☐ frying pan

- ☐ sauce pan
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ In a large saucepan, place all the ingredients except extracts, and gently stir them to combine.
- ☐ Place a candy thermometer on the side of the pan and bring to a boil, stirring only to prevent burning. Cook to hardball stage (265 to 270 degrees), remove from the heat, stir in the extracts, and pour onto a silpat-lined sheet pan or buttered sheet pan.
- ☐ Let it cool enough to handle then start rolling it into a log and stretching or pulling the taffy to work air in and make it white and opaque. Keep pulling and twisting until it hardens. Form long ropes of taffy, then cut them into pieces.
- ☐ Some tips when making taffy: Oil the top 1-inch of the saucepan's wall to keep the sugar from boiling over. Always use a pan bigger than you think you need to prevent boiling over. Always use a burner as big or bigger than your pan's bottom. Never scrape the bottom of the pan at the end, just pour out the syrup. Wash down the sides of the pan with a clean wet pastry brush to avoid crystallization.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:6.73, Inflammation Score:1, Nutrition Score:0.075652172950947%

Nutrients (% of daily need)

Calories: 67.36kcal (3.37%), Fat: 0.19g (0.28%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 17.56g (6.39%), Sugar: 17.57g (19.53%), Cholesterol: 0.36mg (0.12%), Sodium: 9.99mg (0.43%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 0g (0%)