

Turkish Delight



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons plus light
- ☐ 0.8 cup cornstarch
- ☐ 0.8 ounce gelatin powder unflavored
- ☐ 3 cups granulated sugar
- ☐ 0.5 cup orange juice
- ☐ 3 tablespoons orange zest
- ☐ 0.8 cup pistachios chopped
- ☐ 1 tablespoon vanilla extract

☐ 0.5 cup water cold

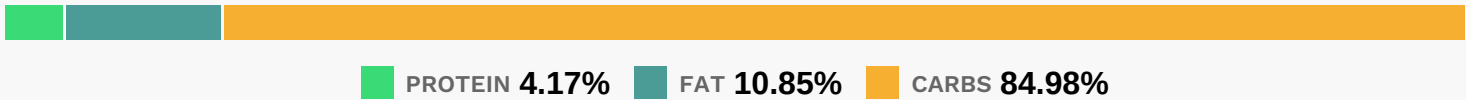
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Bring 1 1/2 cups water, sugar, and corn syrup to a boil over medium-high heat in a large saucepan. Cook, stirring frequently, until the temperature reaches 240 degrees F (115 degrees C) on a candy thermometer. Set aside and keep hot.
- ☐ Stir together orange juice and orange zest, sprinkle with gelatin, and set aside. In a small bowl, dissolve cornstarch in 1/2 cup cold water, then stir into hot syrup.
- ☐ Place over medium-low heat, and simmer, stirring gently, until very thick.
- ☐ Remove syrup from heat, stir in orange juice mixture, vanilla, and pistachios.
- ☐ Sprinkle a 8x8-inch pan generously with confectioners' sugar.
- ☐ Pour the Turkish delight into the pan, and let cool in a cool, dry place (not the refrigerator) until set, 3 to 4 hours.
- ☐ When cool, sprinkle the top with another thick layer of powdered sugar.
- ☐ Cut into 1-inch squares, and dredge each well with confectioners' sugar. Store at room temperature in an airtight container.

Nutrition Facts



Properties

Glycemic Index:13.26, Glycemic Load:36.49, Inflammation Score:-1, Nutrition Score:2.797391301021%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 296.91kcal (14.85%), Fat: 3.69g (5.68%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 65.03g (21.68%), Net Carbohydrates: 63.98g (23.27%), Sugar: 55.72g (61.91%), Cholesterol: 0mg (0%), Sodium: 8.92mg (0.39%), Alcohol: 0.37g (100%), Alcohol %: 0.49% (100%), Protein: 3.19g (6.38%), Vitamin C: 7.64mg (9.26%), Copper: 0.15mg (7.7%), Vitamin B6: 0.14mg (6.89%), Vitamin B1: 0.08mg (5.45%), Manganese: 0.1mg (5.21%), Fiber: 1.04g (4.17%), Phosphorus: 41.54mg (4.15%), Potassium: 105.83mg (3.02%), Magnesium: 11.68mg (2.92%), Selenium: 1.83µg (2.61%), Iron: 0.42mg (2.32%), Folate: 8µg (2%), Vitamin B2: 0.03mg (1.84%), Zinc: 0.22mg (1.44%), Calcium: 14.39mg (1.44%), Vitamin E: 0.18mg (1.23%), Vitamin A: 58.87IU (1.18%)