Cooking with Corn Syrup

Corn syrup is a sweet-tasting food made from corn starch. It is often used to make sweets and desserts. Corn syrup has no real nutritional value, but it is a source of energy. One tablespoon of corn syrup has about 56 calories.

How to store it
Store unopened corn syrup in a cool, dry place. Do not store it in the refrigerator, because this will make the syrup very thick and hard to use.

For best quality, use corn syrup within 1 year of receiving it.

Mock Pecan Pie (makes 8 servings)

What you need
½ cup sugar
¼ cup (half a stick) melted butter or margarine
1 cup oats
1 cup corn syrup
1 teaspoon vanilla
2 eggs
9- to 10-inch unbaked pie shell

How to make it
1. Wash your hands; make sure your cooking area is clean.
2. Mix the ingredients and pour the mixture into an unbaked pie shell.
3. Bake the pie for 45 minutes at 350 degrees F or until a knife inserted in the center comes out clean.
4. Cool the pie slightly so that it can be cut into 8 wedges; serve it warm.

Oat-Nut Chews (makes 36 bars, 2 inches each)

What you need
4 cups oats
1½ cups chopped nuts
1 cup packed brown sugar
¾ cup melted butter or margarine
½ cup corn syrup
1 teaspoon vanilla

How to make it
1. Wash your hands; make sure your cooking area is clean.
2. Mix the oats, nuts, sugar, margarine, syrup and vanilla.
3. Press the mixture into a well-greased 9- by 13-inch pan.
4. Bake it at 450 degrees F for 15 to 18 minutes or until it is brown and bubbly.
5. Cool it completely and cut it into squares.

Tip: To measure packed brown sugar, spoon or scoop the sugar into a dry measuring cups. Pack it down firmly with a spatula or spoon until the top is level. Brown sugar should hold its shape when removed.

Adapted from Commodity Fact Sheet for USDA Household Programs: Corn Syrup, by Jenna Anding, Assistant professor and Extension Nutrition Specialist, The Texas A&M University System.

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