

Sour apple rings

From the sweeties.net wiki

Sour apple rings are gummy sweets in the shape of a ring, flavoured with apple and coated in sour sugar. One UK retailer, Poppin Candy, calls them a sour apple twist on the classic peach ring: see [peach rings](#)

What is in them

Recipes vary between makers. As one example, Poppin Candy lists the ingredients of its sour apple rings as:

- **Glucose syrup, sugar and water**, the base of the sweet: see [what is glucose syrup?](#)
- **Gelatine** and **modified potato starch**, which give the chewy set: see [gelatine in sweets explained](#) and [what is modified starch in sweets?](#)
- **Acids E330, E270 and E296**: citric, lactic and malic acid.
- **Artificial flavour**.
- **Carnauba wax**, a glazing agent from palm leaves: see [what is carnauba wax on sweets?](#)
- **Colours E100 and E133**: curcumin, the yellow of turmeric, and brilliant blue.

What makes them sour

The sharpness comes from the three acids. Malic acid, whose name comes from the word for apple, is the main acid in many fruits, and it is sometimes used with or in place of citric acid, which is less sour: see [what is malic acid in sweets?](#) On a sour coated sweet, some of the acid is mixed with sugar and tumbled over the outside: see [how are sour sweets made?](#)

Sour sweets made with malic acid are sometimes labelled with a warning that eating too many can irritate the mouth: see [why do sour sweets make your mouth pucker?](#)

Diet and allergies

The example here contains gelatine, which is made from animals, so it is not suitable for vegetarians or vegans. The retailer also warns that its sweets are stored, handled and packed in the same areas, so it cannot guarantee any sweet is free from all allergens. The same caution applies to any pick and mix counter: see [pick and mix and allergies](#)

In our pick and mix

We sell [SW019](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the sour apple rings we actually stock.

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