

Almond Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



13

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds toasted coarsely chopped
- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 0.5 cup plus
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract

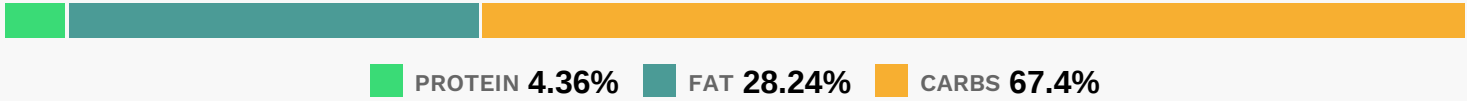
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Line a jelly-roll pan with parchment paper.
- ☐ Combine sugar and syrup in a 2-quart glass bowl. Microwave at HIGH 3 minutes (sugar mixture will be clear and bubbly). Stir in almonds. Microwave at HIGH 3 minutes or until mixture is a light caramel color, stirring every minute. Stir in butter, vanilla, and salt. Microwave at HIGH 1 1/2 minutes or until mixture is the color of peanut butter.
- ☐ Add baking soda, and stir until texture is foamy. Quickly pour mixture onto prepared pan.
- ☐ Spread to 1/4-inch thickness.
- ☐ Let stand 30 minutes. Break brittle into pieces, and store in an airtight container for up to a week.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:12.73, Inflammation Score:-1, Nutrition Score:2.6956521611985%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 152.28kcal (7.61%), Fat: 5.07g (7.79%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 26.17g (9.52%), Sugar: 25.81g (28.67%), Cholesterol: 2.32mg (0.77%), Sodium: 121.85mg (5.3%),

Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Protein: 1.76g (3.52%), Vitamin E: 2.14mg (14.25%), Manganese: 0.19mg (9.48%), Vitamin B2: 0.1mg (5.73%), Magnesium: 22.45mg (5.61%), Copper: 0.09mg (4.31%), Fiber: 1.03g (4.13%), Phosphorus: 39.95mg (4%), Calcium: 24.34mg (2.43%), Zinc: 0.32mg (2.12%), Potassium: 61.4mg (1.75%), Iron: 0.31mg (1.75%), Vitamin B1: 0.02mg (1.65%), Vitamin B3: 0.3mg (1.5%)