

Aloha Brittle



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



163 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 teaspoons butter divided
- 0.5 cup coconut flakes flaked
- 0.5 cup plus light
- 3 ounces macadamia nuts
- 0.5 cup pecans chopped
- 1 cup sugar
- 1 teaspoon vanilla extract

1 teaspoon water

Equipment

frying pan

baking sheet

sauce pan

candy thermometer

Directions

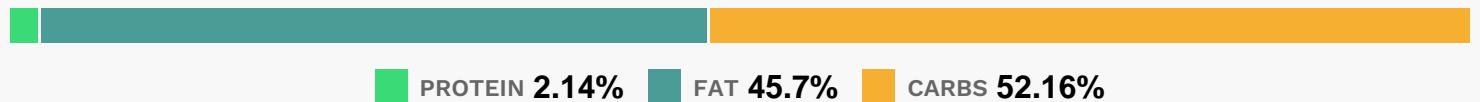
Butter a large baking sheet with 1 teaspoon butter.

Sprinkle coconut in a 12-in. circle on the prepared pan. In a large heavy saucepan, combine sugar and corn syrup. Cook over medium heat until a candy thermometer reads 240° (soft-ball stage), stirring constantly. Stir in the macadamia nuts, pecans and remaining butter; cook and stir until the mixture reads 300° (hard-crack stage).

Combine the baking soda, water and vanilla.

Remove saucepan from the heat; stir in the baking soda mixture. Quickly pour over the coconut. Cool before breaking into pieces. Store in an airtight container with waxed paper between layers.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:10.32, Inflammation Score:-1, Nutrition Score:2.5539130634912%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 162.72kcal (8.14%), Fat: 8.76g (13.48%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 21.29g (7.74%), Sugar: 21.26g (23.63%), Cholesterol: 1.34mg (0.45%), Sodium: 80.44mg (3.5%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 0.92g (1.84%), Manganese: 0.45mg (22.34%), Vitamin B1: 0.09mg (6.26%), Copper: 0.1mg (5.17%), Fiber: 1.22g (4.87%), Magnesium: 13.57mg (3.39%), Phosphorus: 25.07mg (2.51%), Zinc: 0.33mg (2.17%), Iron: 0.38mg (2.1%), Vitamin B6: 0.03mg (1.49%), Potassium: 48.83mg (1.4%), Selenium: 0.97µg (1.38%), Vitamin B2: 0.02mg (1.09%)