



Benne Brittle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



23 min.

SERVINGS



23

CALORIES



113 kcal

DESSERT

Ingredients



1.3 cups benne seeds (sesame)



2 cups sugar



1 teaspoon vanilla extract

Equipment



frying pan



baking sheet

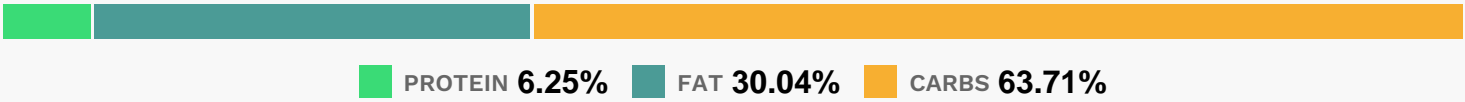


spatula

Directions

- ☐ Cook benne seeds in a large heavy skillet over medium heat, stirring often, 8 minutes or until seeds begin to turn brown.
- ☐ Remove from skillet.
- ☐ Cook sugar and 2 Tbsp. water in skillet over low heat, stirring constantly, 10 minutes or until sugar is melted. Quickly stir in benne seeds and vanilla.
- ☐ Pour onto a well-buttered baking sheet. Quickly spread to 1/8-inch thickness, using a metal spatula. Cool completely (20 minutes). Break into pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:12.14, Inflammation Score:1, Nutrition Score:0.15217391676877%

Nutrients (% of daily need)

Calories: 113.11kcal (5.66%), Fat: 3.77g (5.8%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 17.34g (6.31%), Sugar: 17.5g (19.44%), Cholesterol: 0mg (0%), Sodium: 0.19mg (0.01%), Alcohol: 0.06g (100%), Alcohol %: 0.3% (100%), Protein: 1.77g (3.53%), Fiber: 0.73g (2.92%)