



Candied Hazelnut Brittle

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



11

CALORIES



59 kcal

DESSERT

Ingredients

- 0.1 teaspoon cream of tartar
- 0.3 cup hazelnuts chopped
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 3 tablespoons water

Equipment

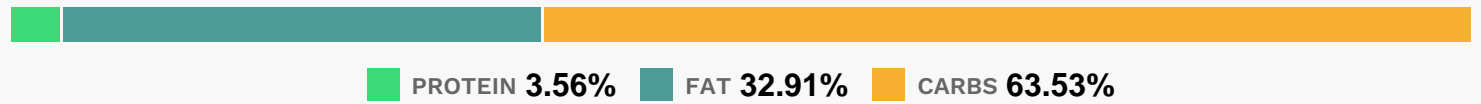
- baking sheet
- sauce pan

aluminum foil

Directions

- Line a baking sheet with foil; coat foil with cooking spray.
- Combine sugar, water, and cream of tartar in a medium saucepan; stir to dissolve sugar. Bring to a boil over medium-high heat. Cook until mixture is golden brown (about 6 minutes), stirring occasionally.
- Remove from heat, and stir in hazelnuts and vanilla.
- Spread mixture onto prepared baking sheet. Cool completely. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:7.74, Glycemic Load:6.38, Inflammation Score:-1, Nutrition Score:1.3334782587607%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 58.97kcal (2.95%), Fat: 2.24g (3.45%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 9.38g (3.41%), Sugar: 9.28g (10.31%), Cholesterol: 0mg (0%), Sodium: 0.35mg (0.02%), Alcohol: 0.13g (100%), Alcohol %: 0.92% (100%), Protein: 0.55g (1.09%), Manganese: 0.23mg (11.29%), Vitamin E: 0.55mg (3.64%), Copper: 0.06mg (3.21%), Vitamin B1: 0.02mg (1.56%), Magnesium: 6.01mg (1.5%), Fiber: 0.35g (1.41%), Phosphorus: 10.57mg (1.06%), Vitamin B6: 0.02mg (1.03%), Folate: 4.11µg (1.03%)