



Caramel Peanut Brittle from Werther's®



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 5 pieces werther's original baking caramels
- ☐ 1 cup roasted peanuts dry
- ☐ 5.5 ounce werther's original candies hard
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water

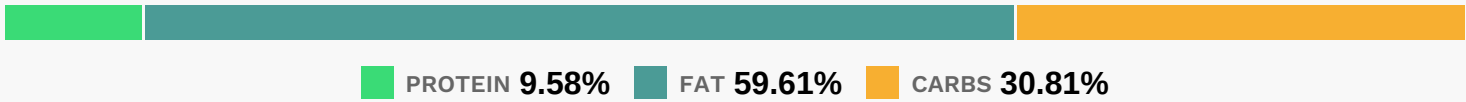
Equipment

- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Spray cookie sheet with non-stick cooking spray.
- ☐ Melt Baking and Hard caramels with butter and water in a medium saucepan over low heat until smooth, stirring often.
- ☐ Add the peanuts and cook 2 minutes. Stir in the baking soda and vanilla. Immediately spread out thinly onto a cookie sheet to cool completely. Break into pieces to serve.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.5213043390085%

Nutrients (% of daily need)

Calories: 178.85kcal (8.94%), Fat: 12.27g (18.88%), Saturated Fat: 4.15g (25.91%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 12.59g (4.58%), Sugar: 10.84g (12.04%), Cholesterol: 5.38mg (1.79%), Sodium: 137.14mg (5.96%), Alcohol: 0.07g (100%), Alcohol %: 0.25% (100%), Protein: 4.44g (8.88%), Manganese: 0.31mg (15.65%), Vitamin B3: 2.16mg (10.81%), Fiber: 1.68g (6.72%), Magnesium: 26.85mg (6.71%), Phosphorus: 55.37mg (5.54%), Vitamin E: 0.77mg (5.16%), Folate: 14.61µg (3.65%), Vitamin B6: 0.07mg (3.51%), Copper: 0.06mg (3.23%), Zinc: 0.42mg (2.8%), Calcium: 27.88mg (2.79%), Potassium: 96.8mg (2.77%), Iron: 0.43mg (2.39%), Vitamin B5: 0.21mg (2.14%), Selenium: 1.42µg (2.03%), Vitamin B2: 0.03mg (1.85%), Vitamin B1: 0.02mg (1.56%), Vitamin A: 70.12IU (1.4%)