



Cashew-Cinnamon Brittle

 Gluten Free

READY IN



65 min.

SERVINGS



1

CALORIES



3466 kcal

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons cinnamon
- ☐ 1 cup plus light
- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 cups roasted unsalted salted with the sugar)
- ☐ 2 cups sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1 serving vegetable oil
- ☐ 0.5 cup water

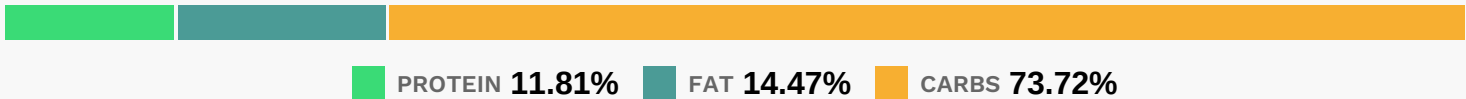
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ candy thermometer

Directions

- ☐ Using vegetable oil, generously oil a sheet pan (preferably one with sides), at least 11 by 17 inches. In a medium-size heavy saucepan, combine the water, sugar, cream of tartar and corn syrup and bring to a boil over medium heat. Using a candy thermometer to test it, boil the mixture until it reaches 350 degrees, or is amber-colored.
- ☐ Remove from the heat and, working quickly, whisk in the cinnamon.
- ☐ Whisk in the butter, cashews, and baking soda.
- ☐ Pour the mixture onto the oiled pan and spread it out a bit with a wooden spoon, to about 1/4 to 1/2-inch thickness. Don't spread it too thinly.
- ☐ Let harden, uncovered, in a cool place, 30 to 45 minutes. (To wash the saucepan, soak it overnight.) Using your hands, break the brittle into pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:94.09, Glycemic Load:329.06, Inflammation Score:-4, Nutrition Score:41.586086987153%

Nutrients (% of daily need)

Calories: 3465.96kcal (173.3%), Fat: 57.93g (89.13%), Saturated Fat: 22.44g (140.23%), Carbohydrates: 663.99g (221.33%), Net Carbohydrates: 661.86g (240.68%), Sugar: 661.19g (734.66%), Cholesterol: 358.3mg (119.43%), Sodium: 1551.46mg (67.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 106.34g (212.68%), Selenium: 136.27µg (194.67%), Vitamin B6: 3.58mg (178.98%), Vitamin B1: 2.3mg (153.31%), Vitamin B3: 27.25mg (136.25%), Phosphorus: 1073.96mg (107.4%), Zinc: 10.17mg (67.81%), Vitamin B2: 0.97mg (57.18%), Potassium: 1928.8mg (55.11%), Vitamin B12: 2.46µg (41.01%), Manganese: 0.75mg (37.52%), Vitamin B5: 3.57mg (35.7%), Magnesium:

130.59mg (32.65%), Vitamin K: 28.95µg (27.58%), Iron: 3.12mg (17.36%), Copper: 0.34mg (17.04%), Vitamin E: 2.5mg (16.68%), Vitamin D: 2.31µg (15.42%), Vitamin A: 711.52IU (14.23%), Calcium: 122.4mg (12.24%), Fiber: 2.13g (8.5%)