



Chile-Cinnamon Brittle with Mixed Nuts



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



473 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 1.3 sticks butter diced
- ☐ 0.3 cup plus
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 cup hazelnuts toasted chopped
- ☐ 0.3 cup honey
- ☐ 1 cup peanuts
- ☐ 1.5 teaspoons sea salt

- ☐ 1 cup sugar
- ☐ 2 vanilla beans
- ☐ 1 cup almonds whole peeled

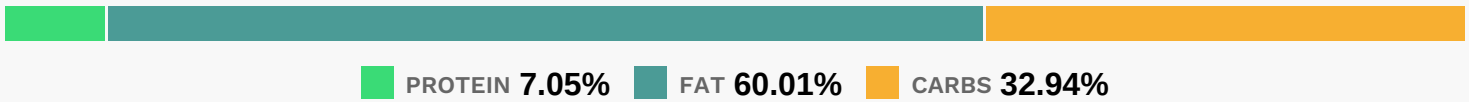
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Toast the almonds, hazelnuts and peanuts on a small baking sheet until fragrant and golden. Cool. Line a baking sheet with parchment and tear an extra piece of the same size. Reserve. Halve and scrape the vanilla beans, then add the seeds and pods to a pot with the toasted nuts, sugar, honey, corn syrup, salt and butter.
- ☐ Place the pot over high heat and stir until caramel in color. Then stir in the chile powder and cinnamon.
- ☐ Remove the vanilla pods with a fork and pour the brittle onto the lined baking sheet. Top with the extra parchment and roll out to an even layer, about 1/2 inch thick. Cool and break into irregular pieces.

Nutrition Facts



Properties

Glycemic Index:23.56, Glycemic Load:19.24, Inflammation Score:-6, Nutrition Score:13.473478261543%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg

0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 472.52kcal (23.63%), Fat: 33.39g (51.37%), Saturated Fat: 9.46g (59.12%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 36.79g (13.38%), Sugar: 34.63g (38.48%), Cholesterol: 30.37mg (10.12%), Sodium: 452.11mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.65%), Manganese: 1.47mg (73.47%), Vitamin E: 5.87mg (39.1%), Copper: 0.49mg (24.59%), Magnesium: 86.48mg (21.62%), Fiber: 4.44g (17.75%), Phosphorus: 164.58mg (16.46%), Vitamin B3: 3.1mg (15.49%), Vitamin B1: 0.21mg (14.08%), Folate: 55.54µg (13.89%), Vitamin B2: 0.21mg (12.35%), Iron: 1.75mg (9.74%), Potassium: 307.4mg (8.78%), Vitamin A: 414.9IU (8.3%), Zinc: 1.13mg (7.54%), Calcium: 73.96mg (7.4%), Vitamin B6: 0.14mg (7.23%), Vitamin B5: 0.46mg (4.59%), Selenium: 2.36µg (3.37%), Vitamin K: 2.91µg (2.77%)