

Cinnamon Peanut Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



35

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup plus light
- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 cups roasted peanuts salted
- ☐ 2 cups sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup water

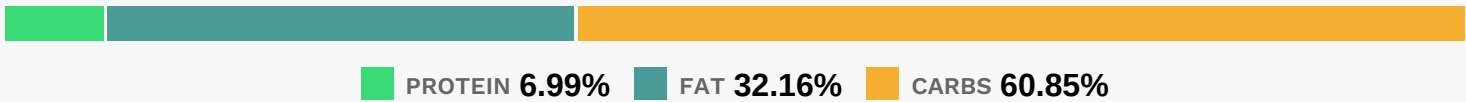
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ wooden spoon
- ☐ candy thermometer

Directions

- ☐ Combine the water, sugar, cream of tartar and corn syrup in a medium-size heavy saucepan fitted with a candy thermometer. Bring to a boil over medium heat. After it boils, stir the mixture occasionally. Boil the mixture until it reaches 340 degrees F. The color should be deep golden brown.
- ☐ Remove from the heat and, working quickly, stir in the cinnamon with a wooden spoon. Stir in the butter until melted, then the peanuts and baking soda.
- ☐ Pour the mixture onto the oiled cookie sheet with sides and spread it out a bit with the back of a wooden spoon, to about 1/4-inch thickness (it may not fill the whole pan).
- ☐ Let harden, uncovered, in a cool place, 30 to 45 minutes. (To wash the saucepan, soak it overnight.)
- ☐ Using your hands, and wearing cotton or plastic gloves if desired to keep off any fingerprints, break the brittle into pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:9.4, Inflammation Score:-1, Nutrition Score:1.9613043561416%

Nutrients (% of daily need)

Calories: 125.95kcal (6.3%), Fat: 4.8g (7.38%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 19.62g (7.14%), Sugar: 18.89g (20.99%), Cholesterol: 1.72mg (0.57%), Sodium: 73.83mg (3.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Manganese: 0.22mg (10.85%), Vitamin B3: 1.25mg

(6.24%), Magnesium: 14.23mg (3.56%), Phosphorus: 32.55mg (3.26%), Fiber: 0.8g (3.21%), Copper: 0.06mg (2.85%), Folate: 10.54µg (2.64%), Vitamin B1: 0.03mg (2.15%), Potassium: 69.29mg (1.98%), Zinc: 0.21mg (1.43%), Vitamin B5: 0.12mg (1.17%), Iron: 0.21mg (1.15%), Calcium: 11.16mg (1.12%), Selenium: 0.77µg (1.11%), Vitamin B6: 0.02mg (1.08%)