

Cinnamon Peanut Brittle

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



299 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 teaspoon butter
- 0.5 cup plus light
- 0.5 teaspoon ground cinnamon
- 2 cups roasted peanuts salted
- 1 cup sugar
- 1 teaspoon vanilla extract

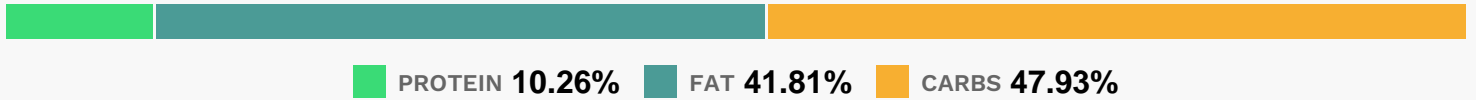
Equipment

- bowl
- baking sheet
- microwave
- spatula

Directions

- In a 2-qt. microwave-safe bowl, combine sugar and corn syrup.
- Heat, uncovered, on high for 3 minutes; stir.
- Heat 2-1/4 minutes longer. Stir in peanuts, butter and cinnamon.
- Microwave, uncovered, on high for 20-30 seconds or until mixture turns a light amber color (mixture will be very hot). Quickly stir in baking soda and vanilla until light and foamy.
- Immediately pour onto a greased baking sheet and spread with a metal spatula. Refrigerate for 20 minutes or until firm; break into small pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:14.41, Glycemic Load:16.45, Inflammation Score:-3, Nutrition Score:6.4652173482691%

Nutrients (% of daily need)

Calories: 299.3kcal (14.97%), Fat: 14.82g (22.81%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 35.59g (12.94%), Sugar: 33.11g (36.79%), Cholesterol: 1.08mg (0.36%), Sodium: 249.91mg (10.87%), Alcohol: 0.14g (100%), Alcohol %: 0.26% (100%), Protein: 8.19g (16.37%), Manganese: 0.71mg (35.34%), Vitamin B3: 4.36mg (21.82%), Magnesium: 49.34mg (12.34%), Phosphorus: 113.21mg (11.32%), Fiber: 2.65g (10.61%), Copper: 0.19mg (9.75%), Folate: 36.81µg (9.2%), Vitamin B1: 0.1mg (6.85%), Potassium: 228.31mg (6.52%), Zinc: 0.66mg (4.42%), Vitamin B5: 0.41mg (4.08%), Iron: 0.68mg (3.8%), Vitamin B6: 0.08mg (3.75%), Selenium: 2.44µg (3.48%), Calcium: 32.78mg (3.28%), Vitamin B2: 0.03mg (1.72%)