



Classic Peanut Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



786 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 0.5 cup plus light
- ☐ 1 cup chop roasted peanuts raw shelled
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla

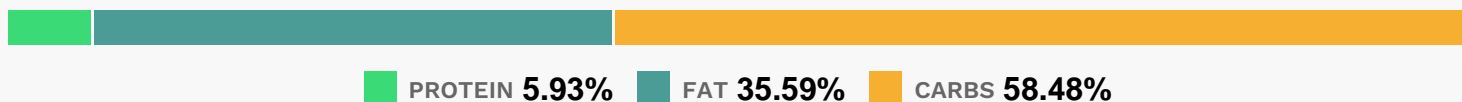
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wax paper
- ☐ microwave
- ☐ candy thermometer

Directions

- ☐ Combine first 3 ingredients in a large glass bowl. Microwave on HIGH 5 minutes, add peanuts, and microwave 2 more minutes with 1,000-watt microwave. Microwave 4 more minutes if using a 700-watt microwave. Stir in remaining ingredients.
- ☐ Pour into a buttered 15- x 10-inch jellyroll pan; shake pan to spread thinly. Cool until firm, and break into pieces. Store in an airtight container.
- ☐ Cooktop Brittle: Prep: 5 min., Cook: 8 min., Stand: 5 min. Cook first 3 ingredients in a medium-size heavy saucepan over medium heat, stirring constantly, until mixture starts to boil. Boil without stirring 5 minutes or until a candy thermometer reaches 31
- ☐ Add peanuts, and cook 2 to 3 more minutes or to 28
- ☐ Mixture should be golden brown.)
- ☐ Remove from heat, and stir in butter and remaining ingredients.
- ☐ Pour mixture onto a metal surface or into a shallow pan. Allow to stand 5 minutes or until hardened. Break into pieces.
- ☐ Pecan Brittle: Substitute 1 cup chopped pecans for peanuts.
- ☐ Chocolate-Dipped Peanut Brittle: Prepare peanut brittle as directed. Melt 2 (2-ounce) chocolate bark coating squares; dip peanut brittle pieces into melted chocolate.
- ☐ Place on wax paper, and let harden
- ☐ Popcorn Peanut Brittle: Prepare brittle as directed. Stir in 1 cup popped popcorn before pouring into pan.

Nutrition Facts



Properties

Glycemic Index:46.36, Glycemic Load:54.84, Inflammation Score:-5, Nutrition Score:11.424782540487%

Nutrients (% of daily need)

Calories: 785.6kcal (39.28%), Fat: 32.75g (50.38%), Saturated Fat: 8.66g (54.11%), Carbohydrates: 121.04g (40.35%), Net Carbohydrates: 116.84g (42.49%), Sugar: 112.97g (125.53%), Cholesterol: 20.07mg (6.69%), Sodium: 762.85mg (33.17%), Alcohol: 0.92g (100%), Alcohol %: 0.62% (100%), Protein: 12.28g (24.56%), Manganese: 1.05mg (52.53%), Vitamin B3: 7.22mg (36.08%), Magnesium: 90.08mg (22.52%), Phosphorus: 183.9mg (18.39%), Vitamin E: 2.68mg (17.88%), Fiber: 4.2g (16.8%), Folate: 48.78µg (12.19%), Vitamin B6: 0.23mg (11.7%), Copper: 0.22mg (11.03%), Zinc: 1.65mg (11.02%), Potassium: 325.11mg (9.29%), Selenium: 5.54µg (7.92%), Vitamin B1: 0.11mg (7.35%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.12mg (6.87%), Vitamin A: 233.24IU (4.66%), Iron: 0.83mg (4.61%), Calcium: 39.65mg (3.96%)