



Crunchy Peanut and Pumpkin Seed Brittle

 Gluten Free  Low Fod Map

READY IN



75 min.

SERVINGS



24

CALORIES



174 kcal

DESSERT

Ingredients

- 2 tsp butter softened
- 4 oz pumpkin seeds
- 2 cups planters roasted peanuts dry
- 1 oz baker's semi-sweet chocolate melted
- 2 cups sugar
- 0.5 cup water

Equipment

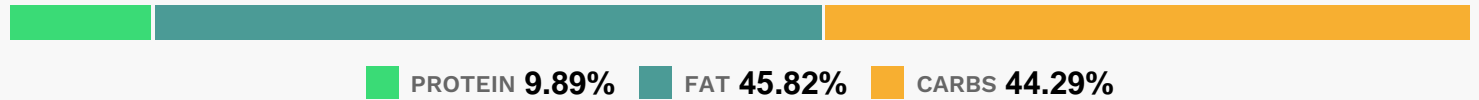
- frying pan

- sauce pan
- wooden spoon
- cutting board
- pastry brush

Directions

- Cover surface of cutting board with parchment or waxed paper; lightly spray paper with cooking spray. Set aside. Cook water and sugar in large heavy saucepan on high heat 8 to 10 min. or until sugar turns a dark amber color, stirring frequently. Swirl pan and brush down sugar crystals on sides of pan with wet pastry brush just until sugar comes to boil.
- Remove saucepan from heat; quickly stir in nuts, pumpkin seeds and butter. Immediately pour mixture onto prepared parchment; spread evenly with wooden spoon. While hot, cut into 24 pieces. Cool completely
- Drizzle or spread thin layer of chocolate over brittle.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:11.66, Inflammation Score:-2, Nutrition Score:4.615652129216%

Nutrients (% of daily need)

Calories: 173.78kcal (8.69%), Fat: 9.37g (14.42%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 18.96g (6.89%), Sugar: 17.75g (19.72%), Cholesterol: 0.97mg (0.32%), Sodium: 54.79mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Manganese: 0.49mg (24.57%), Magnesium: 52.36mg (13.09%), Phosphorus: 106.8mg (10.68%), Vitamin B3: 2.05mg (10.23%), Copper: 0.13mg (6.68%), Fiber: 1.43g (5.71%), Zinc: 0.75mg (4.99%), Vitamin E: 0.74mg (4.91%), Iron: 0.7mg (3.87%), Folate: 14.88µg (3.72%), Potassium: 124.61mg (3.56%), Vitamin B6: 0.07mg (3.27%), Selenium: 1.81µg (2.59%), Vitamin B1: 0.03mg (2.15%), Vitamin B5: 0.21mg (2.14%), Vitamin B2: 0.04mg (2.1%), Calcium: 10.57mg (1.06%)