



Crunchy Peanut and Pumpkin Seed Brittle

 **Gluten Free**  **Low Fod Map**

READY IN



75 min.

SERVINGS



15

CALORIES



278 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:8.67, Glycemic Load:18.65, Inflammation Score:-4, Nutrition Score:7.3847826900689%

Nutrients (% of daily need)

Calories: 278.05kcal (13.9%), Fat: 15g (23.07%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 30.34g (11.03%), Sugar: 28.39g (31.55%), Cholesterol: 1.55mg (0.52%), Sodium: 87.67mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Manganese: 0.79mg (39.31%), Magnesium: 83.77mg (20.94%), Phosphorus: 170.89mg (17.09%), Vitamin B3: 3.27mg (16.37%), Copper: 0.21mg (10.69%), Fiber: 2.28g (9.14%), Zinc: 1.2mg (7.99%), Vitamin E: 1.18mg (7.85%), Iron: 1.12mg (6.2%), Folate: 23.8µg (5.95%), Potassium: 199.37mg (5.7%), Vitamin B6: 0.1mg (5.23%), Selenium: 2.9µg (4.14%), Vitamin B1: 0.05mg (3.45%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.06mg (3.36%), Calcium: 16.91mg (1.69%)