



Curried Sunflower Brittle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons light-colored corn syrup
- ☐ 0.5 teaspoon curry powder
- ☐ 0.1 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1 cup untoasted sunflower seed kernels unsalted
- ☐ 0.3 cup water

Equipment

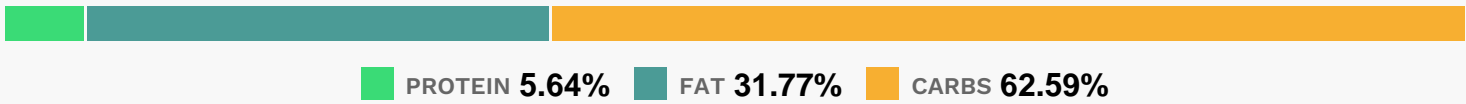
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Line a baking sheet with foil; coat foil with cooking spray. Coat the flat surface of a metal spatula with cooking spray; set aside.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add kernels; cook until they release a toasted aroma (about 3 minutes), stirring frequently.
- ☐ Place in a bowl; wipe pan with a paper towel.
- ☐ Heat pan over medium-high heat.
- ☐ Add curry powder; cook until fragrant (about 30 seconds), stirring constantly.
- ☐ Add curry to kernels.
- ☐ Sprinkle with salt; stir to combine.
- ☐ Combine sugar, water, and corn syrup in a saucepan. Bring mixture to a boil over medium-high heat, stirring occasionally until sugar dissolves. Continue to cook, without stirring, until first sign of caramel fragrance (about 3 minutes).
- ☐ Remove from heat; stir in kernel mixture. Rapidly spread mixture to about 1/8-inch thickness onto prepared baking sheet using prepared spatula. Cool completely; break into small pieces.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:11.5, Inflammation Score:-2, Nutrition Score:3.9539130564941%

Nutrients (% of daily need)

Calories: 117.05kcal (5.85%), Fat: 4.37g (6.73%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 18.64g (6.78%), Sugar: 17.93g (19.92%), Cholesterol: 0mg (0%), Sodium: 21mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin E: 2.96mg (19.73%), Vitamin B1: 0.13mg (8.38%), Manganese: 0.17mg (8.33%), Copper: 0.15mg (7.65%), Magnesium: 27.44mg (6.86%), Selenium: 4.56µg (6.52%), Vitamin B6: 0.11mg (5.67%), Phosphorus: 55.49mg (5.55%), Folate: 19.11µg (4.78%), Vitamin B3: 0.7mg (3.5%), Fiber: 0.74g (2.96%), Zinc: 0.44mg (2.9%), Iron: 0.47mg (2.59%), Vitamin B2: 0.03mg (1.93%), Potassium: 55.33mg (1.58%)