



Easy Microwave Peanut Brittle



Vegetarian



Gluten Free



Popular

READY IN



18 min.

SERVINGS



6

CALORIES



435 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 0.5 cup plus light
- ☐ 1.5 cups peanuts to taste
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

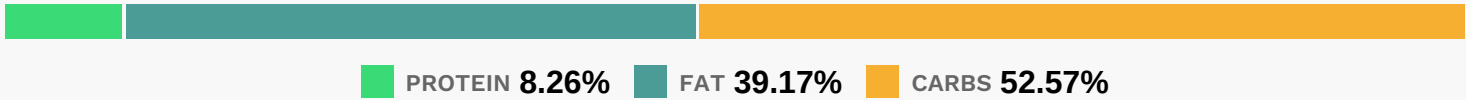
- ☐ bowl

- ☐ baking sheet
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Spray a baking sheet and a wooden spoon with cooking spray.
- ☐ Mix sugar and corn syrup together in a microwaveable bowl safe for high temperatures.
- ☐ Heat sugar mixture in microwave on high for 5 minutes.
- ☐ Stir peanuts and butter into sugar mixture.
- ☐ Heat in microwave until mixture becomes a caramel color, 3 to 4 minutes.
- ☐ Mix baking soda and vanilla extract into syrup until smooth and foam has dissipated.
- ☐ Spread candy onto the prepared baking sheet using the sprayed wooden spoon. Work quickly; candy hardens fast.
- ☐ Let stand until cool. Break into pieces to serve.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:27.75, Inflammation Score:-4, Nutrition Score:9.8843478006513%

Nutrients (% of daily need)

Calories: 435.45kcal (21.77%), Fat: 20.16g (31.02%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 60.88g (20.29%), Net Carbohydrates: 57.42g (20.88%), Sugar: 55.18g (61.31%), Cholesterol: 5.02mg (1.67%), Sodium: 223.45mg (9.72%), Alcohol: 0.23g (100%), Alcohol %: 0.29% (100%), Protein: 9.56g (19.13%), Manganese: 0.97mg (48.32%), Vitamin B3: 5.82mg (29.08%), Folate: 87.67µg (21.92%), Vitamin B1: 0.26mg (17.56%), Magnesium: 69.03mg (17.26%), Copper: 0.33mg (16.57%), Phosphorus: 142.22mg (14.22%), Fiber: 3.47g (13.87%), Iron: 1.45mg (8.03%), Potassium: 274.06mg (7.83%), Vitamin B5: 0.65mg (6.48%), Vitamin B6: 0.13mg (6.36%), Zinc: 0.9mg (6.03%), Selenium: 3.05µg (4.36%), Calcium: 43.35mg (4.34%), Vitamin B2: 0.06mg (3.35%), Vitamin A: 58.31IU (1.17%)