



Five-Spice Cashew Brittle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



723 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons five spice powder chinese (see notes)
- ☐ 12 ounces cashew pieces raw whole
- ☐ 2 tablespoons plus light
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar

Equipment

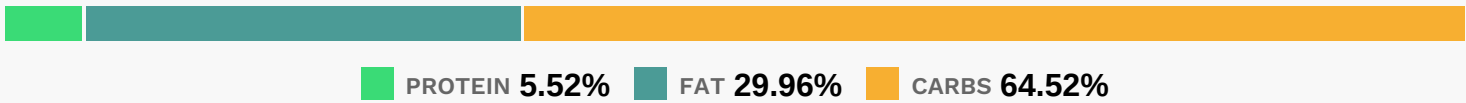
- ☐ frying pan
- ☐ oven

- ☐ baking pan
- ☐ spatula
- ☐ candy thermometer

Directions

- ☐ Line a 10- by 15-inch baking pan with cooking parchment; generously butter parchment (or generously butter a nonstick pan).
- ☐ Spread cashews in another baking pan. In a 350 regular or convection oven, bake until golden brown, 8 to 10 minutes.
- ☐ Combine sugar, corn syrup, and 1 cup water in a 2- to 3-quart pan. Set over medium heat and stir just until sugar is dissolved, 4 to 5 minutes. Increase heat to high and boil without stirring until syrup is amber-colored (330 to 335 on a candy thermometer; see notes), 12 to 20 minutes. When sugar begins to brown around edges of pan, swirl mixture in pan gently to ensure that syrup caramelizes evenly.
- ☐ Remove from heat and, working quickly, carefully stir in warm cashews and the five spice and salt.
- ☐ Mixture will foam; when foaming subsides slightly, pour mixture into prepared baking pan and use a heatproof flexible spatula to spread into a thin, even layer.
- ☐ Let stand in a cool, dry place until cool and hard to touch, at least 1 hour.
- ☐ Break brittle into pieces. Store airtight up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:74.74, Inflammation Score:-5, Nutrition Score:14.714782784652%

Nutrients (% of daily need)

Calories: 722.67kcal (36.13%), Fat: 25.36g (39.01%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 122.85g (40.95%), Net Carbohydrates: 120.83g (43.94%), Sugar: 108.78g (120.87%), Cholesterol: 0mg (0%), Sodium: 206.3mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.01%), Copper: 1.26mg (63.04%), Manganese: 0.97mg (48.29%), Magnesium: 167.34mg (41.83%), Phosphorus: 340.63mg (34.06%), Iron: 4.21mg (23.38%), Zinc: 3.37mg (22.49%), Vitamin K: 19.33µg (18.41%), Selenium: 11.98µg (17.12%), Vitamin B1: 0.25mg (16.5%),

Vitamin B6: 0.24mg (12.15%), Potassium: 390.74mg (11.16%), Fiber: 2.02g (8.07%), Vitamin B5: 0.5mg (4.98%), Folate: 14.27µg (3.57%), Vitamin E: 0.51mg (3.4%), Vitamin B2: 0.05mg (3.22%), Vitamin B3: 0.63mg (3.16%), Calcium: 29.51mg (2.95%)