



Hazelnut Crunch: Noci Croccante

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



1012 kcal

SIDE DISH

Ingredients

- 1 teaspoon baking soda
- 0.5 cup plus light
- 0.3 cup plus dark
- 2.5 cups hazelnuts toasted coarsely chopped
- 0.5 teaspoon salt
- 1.5 cups sugar
- 2 tablespoons butter unsalted
- 1 cup water

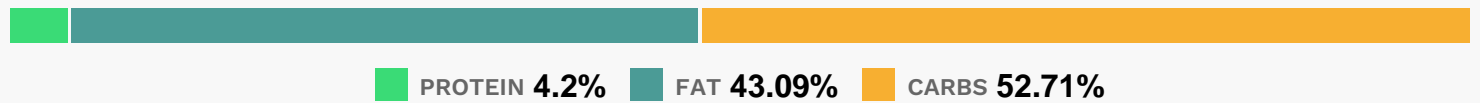
Equipment

- baking sheet
- sauce pan
- baking paper
- kitchen thermometer
- candy thermometer

Directions

- Line a heavy large baking sheet with parchment paper. Stir the sugar, water, light corn syrup, and dark corn syrup in a heavy large saucepan over medium heat until the sugar dissolves. Increase the heat to high and boil without stirring until a candy thermometer registers 260 degrees F, about 20 minutes. Reduce the heat to medium-low.
- Mix in the hazelnuts, butter, and salt (the mixture will be thick and nutty), and cook until the thermometer registers 295 degrees F, stirring constantly, about 15 minutes. Quickly stir in the baking soda. Immediately pour the caramel onto the prepared baking sheet, spreading it as thinly as possible.
- Let stand until hard.
- Break the brittle into pieces and store in an airtight container at room temperature. If desired, serve over your favorite ice cream.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:79.21, Inflammation Score:-6, Nutrition Score:22.022608700654%

Flavonoids

Cyanidin: 5.03mg, Cyanidin: 5.03mg, Cyanidin: 5.03mg, Cyanidin: 5.03mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg

Nutrients (% of daily need)

Calories: 1011.84kcal (50.59%), Fat: 51.6g (79.39%), Saturated Fat: 6.94g (43.38%), Carbohydrates: 142.01g (47.34%), Net Carbohydrates: 134.74g (49%), Sugar: 132.89g (147.66%), Cholesterol: 15.05mg (5.02%), Sodium: 639.24mg (27.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.62%), Manganese: 4.66mg (233.18%), Vitamin E: 11.41mg (76.08%), Copper: 1.32mg (66.06%), Vitamin B1: 0.51mg (34.06%), Magnesium: 125.69mg (31.42%), Fiber: 7.28g (29.1%), Phosphorus: 222.31mg (22.23%), Vitamin B6: 0.43mg (21.25%), Folate: 84.96µg (21.24%), Iron: 3.67mg (20.4%), Potassium: 526.17mg (15.03%), Zinc: 2.06mg (13.71%), Vitamin K: 11.14µg (10.61%), Calcium: 100.54mg (10.05%), Vitamin B5: 0.7mg (7.03%), Vitamin B3: 1.36mg (6.79%), Vitamin B2: 0.1mg (6.11%), Vitamin C: 4.72mg (5.73%), Selenium: 3.45µg (4.92%), Vitamin A: 189.93IU (3.8%)