



Honey Roasted Peanuts



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup brown sugar
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon honey
- ☐ 0.5 pound peanuts skinless
- ☐ 1 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1 tablespoon sugar white

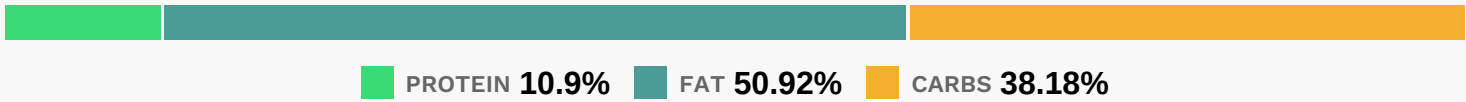
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, mix white sugar with salt until blended, and set aside. Stir the honey, brown sugar, and water together in a large pan over medium-low heat until the mixture boils and the sugar crystals have dissolved. Cook the syrup until thickened and bubbling, 10 to 15 minutes. Stir in the peanuts, remove from heat, and mix in the butter.
- ☐ Place the peanuts into a deep bowl, sprinkle with white sugar-salt mixture, and shake the dish to coat with sugar mixture and prevent the peanuts from sticking together.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:2.43, Inflammation Score:-4, Nutrition Score:7.8213044703007%

Nutrients (% of daily need)

Calories: 257.56kcal (12.88%), Fat: 15.49g (23.82%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 23.43g (8.52%), Sugar: 21.44g (23.82%), Cholesterol: 3.76mg (1.25%), Sodium: 314.17mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Manganese: 0.76mg (38.15%), Vitamin B3: 4.54mg (22.69%), Folate: 68.33µg (17.08%), Magnesium: 55.19mg (13.8%), Copper: 0.27mg (13.37%), Vitamin B1: 0.19mg (12.76%), Phosphorus: 111.25mg (11.13%), Fiber: 2.7g (10.79%), Iron: 1.25mg (6.96%), Potassium: 237.18mg (6.78%), Vitamin B6: 0.11mg (5.34%), Vitamin B5: 0.53mg (5.29%), Calcium: 46.48mg (4.65%), Zinc: 0.62mg (4.11%), Selenium: 2.31µg (3.3%), Vitamin B2: 0.04mg (2.36%)