



Hot Cinnamon Peanut Brittle



Gluten Free



Dairy Free

READY IN



82 min.

SERVINGS



6

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup plus light
- ☐ 1 cup dry-roasted peanuts
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup sugar

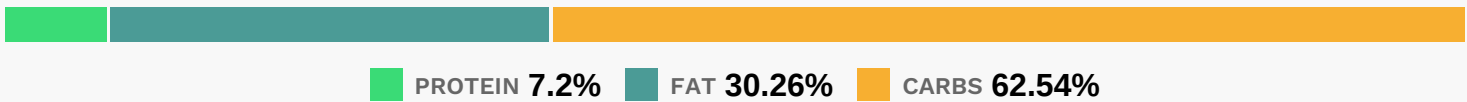
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a glass bowl, stir together the sugar, corn syrup, peanuts, cinnamon, and cayenne pepper until thoroughly blended. Microwave on high for 6 minutes. Slowly stir in the butter, and microwave an additional 30 seconds.
- ☐ Very carefully remove bowl from the microwave as the contents will be extremely hot. Gently stir in baking soda until mixture becomes light and foamy. Turn batter out onto a lightly oiled cookie sheet, scraping sides of bowl with a rubber spatula. Allow brittle to cool for 1 hour, then break into pieces.

Nutrition Facts



Properties

Glycemic Index:21.02, Glycemic Load:27.43, Inflammation Score:-2, Nutrition Score:5.6047826005227%

Nutrients (% of daily need)

Calories: 356.31kcal (17.82%), Fat: 12.78g (19.67%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 59.46g (19.82%), Net Carbohydrates: 57.18g (20.79%), Sugar: 55.1g (61.23%), Cholesterol: 0mg (0%), Sodium: 313.61mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Manganese: 0.61mg (30.26%), Vitamin B3: 3.64mg (18.22%), Magnesium: 41.42mg (10.35%), Phosphorus: 94.71mg (9.47%), Fiber: 2.28g (9.11%), Copper: 0.16mg (8.2%), Folate: 30.77µg (7.69%), Vitamin B1: 0.09mg (6.29%), Potassium: 192.52mg (5.5%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.34mg (3.4%), Iron: 0.59mg (3.29%), Vitamin B6: 0.06mg (3.23%), Selenium: 2.24µg (3.2%), Calcium: 30.4mg (3.04%), Vitamin B2: 0.03mg (1.66%), Vitamin A: 64.97IU (1.3%)