



Hot & Spicy Brittle

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



20

CALORIES



143 kcal

DESSERT

Ingredients

- 1 cup planters almonds toasted sliced
- 2 Tbsp butter
- 0.5 cup plus light
- 2 tsp pepper sauce hot
- 1 cup planters roasted peanuts dry
- 1 cup sugar

Equipment

- baking sheet

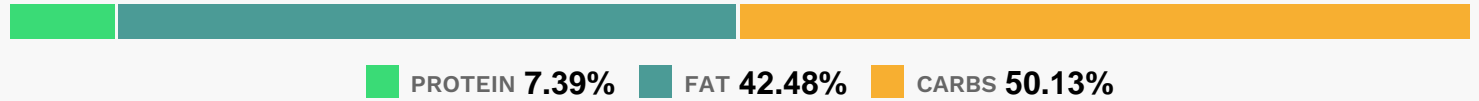
sauce pan

spatula

Directions

- Mix sugar, corn syrup and 1/2 cup water in 3-quart saucepan. Bring to boil on medium heat, stirring until sugar dissolves. Cover. Boil 2 to 3 minutes.
- Uncover; continue boiling until syrup reaches hard-crack stage (295F).
- Remove from heat; stir in butter, nuts and pepper sauce.
- Pour mixture onto lightly greased baking sheet; spread out with greased spoon or spatula. Cool completely. Break into pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.95, Glycemic Load:8.27, Inflammation Score:-2, Nutrition Score:3.1839130014667%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 143.4kcal (7.17%), Fat: 7.2g (11.08%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 17.91g (6.51%), Sugar: 17.1g (19%), Cholesterol: 0mg (0%), Sodium: 62.07mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Manganese: 0.26mg (13.1%), Vitamin E: 1.59mg (10.61%), Magnesium: 25.92mg (6.48%), Vitamin B3: 1.25mg (6.24%), Phosphorus: 49.73mg (4.97%), Fiber: 1.21g (4.83%), Vitamin B2: 0.07mg (4.12%), Copper: 0.08mg (4.02%), Zinc: 0.39mg (2.6%), Potassium: 82.83mg (2.37%), Folate: 9.34µg (2.34%), Vitamin B6: 0.04mg (2.11%), Calcium: 18.39mg (1.84%), Vitamin B1: 0.03mg (1.74%), Iron: 0.3mg (1.65%), Selenium: 1.01µg (1.44%), Vitamin B5: 0.13mg (1.28%), Vitamin A: 50.9IU (1.02%)