



Macadamia Brittle with Fleur de Sel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter diced chilled
- ☐ 2 tablespoons plus light
- ☐ 0.5 teaspoon sea salt
- ☐ 1 cup macadamia nuts unsalted cooled toasted chopped
- ☐ 1 cup sugar
- ☐ 0.5 cup water

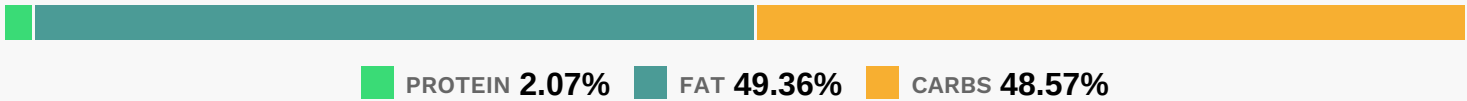
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ pastry brush

Directions

- ☐ Place large sheet of foil on work surface; butter foil.
- ☐ Combine nuts and next 3 ingredients in medium bowl.
- ☐ Stir sugar, 1/2 cup water, and corn syrup in medium saucepan over medium heat until sugar dissolves. Boil without stirring until syrup turns deep amber color, brushing down sides of pan with wet pastry brush and swirling pan occasionally, about 10 minutes.
- ☐ Remove caramel from heat. Immediately stir in nut mixture (caramel will bubble up).
- ☐ Pour caramel onto prepared foil; spread thinly. Cool brittle until hard; chop. DO AHEAD Can be made 1 week ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:14.67, Inflammation Score:-1, Nutrition Score:3.1004347804448%

Nutrients (% of daily need)

Calories: 195.7kcal (9.79%), Fat: 11.36g (17.48%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 24g (8.73%), Sugar: 23.95g (26.61%), Cholesterol: 3.01mg (1%), Sodium: 238.91mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Manganese: 0.55mg (27.73%), Vitamin B1: 0.16mg (10.85%), Copper: 0.1mg (5.23%), Fiber: 1.15g (4.61%), Magnesium: 17.61mg (4.4%), Iron: 0.51mg (2.81%), Phosphorus: 25.53mg (2.55%), Vitamin B6: 0.04mg (1.84%), Vitamin B3: 0.33mg (1.66%), Vitamin B2: 0.03mg (1.53%), Potassium: 50.12mg (1.43%), Zinc: 0.2mg (1.32%), Calcium: 12.92mg (1.29%), Vitamin B5: 0.1mg (1.03%)