



Microwave Peanut Brittle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



527 kcal

DESSERT

Ingredients

- ☐ 1 Teaspoon baking soda
- ☐ 0.5 cup plus
- ☐ 1 cup dry-roasted peanuts
- ☐ 1 cup granulated sugar
- ☐ 1 Teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan

☐ baking sheet

Directions

- ☐ Lightly oil a 13 x 9 inch flexible rimmed baking sheet.Stir the sugar and corn syrup together in a 2-quart bowl.Cook for 4 minutes on high.Stir in the peanuts and cook for 4 more minutes on high.
- ☐ Mix in the margarine and vanilla and cook for 2 more minutes on high. The brittle should be a golden color.Stir in the baking soda and quickly spread the mixture in a thin layer on the prepared sheet.
- ☐ Let cool completely.Flex the pan to release the brittle, then break the brittle into pieces.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:41.13, Inflammation Score:-3, Nutrition Score:8.1121738889943%

Nutrients (% of daily need)

Calories: 527.34kcal (26.37%), Fat: 18.15g (27.92%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 89.03g (29.68%), Net Carbohydrates: 85.78g (31.19%), Sugar: 82.76g (91.96%), Cholesterol: 0mg (0%), Sodium: 458.66mg (19.94%), Alcohol: 0.34g (100%), Alcohol %: 0.33% (100%), Protein: 10.22g (20.45%), Manganese: 0.86mg (43.19%), Vitamin B3: 5.45mg (27.27%), Magnesium: 61.87mg (15.47%), Phosphorus: 141.32mg (14.13%), Fiber: 3.25g (12.99%), Copper: 0.25mg (12.27%), Folate: 45.99µg (11.5%), Vitamin B1: 0.14mg (9.4%), Potassium: 286.15mg (8.18%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.51mg (5.08%), Iron: 0.86mg (4.77%), Selenium: 3.34µg (4.77%), Vitamin B6: 0.09mg (4.69%), Calcium: 42.65mg (4.27%), Vitamin B2: 0.04mg (2.44%)