



Microwave Peanut Brittle



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



547 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 tablespoons butter
- ☐ 1 cup plus light
- ☐ 0.7 cup peanuts
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups sugar white

Equipment

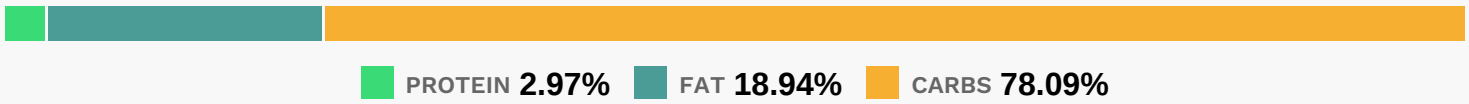
- ☐ baking sheet

- ☐ casserole dish
- ☐ microwave

Directions

- ☐ In a 3 quart casserole dish, combine the corn syrup, sugar and peanuts. Microwave on high for 12 minutes. Stir in butter and vanilla, cook on high for 4 minutes. Stir in baking soda.
- ☐ Pour onto buttered cookie sheet; cool and break into pieces.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:54.98, Inflammation Score:-2, Nutrition Score:4.7965217958326%

Nutrients (% of daily need)

Calories: 547.27kcal (27.36%), Fat: 12.16g (18.71%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 112.79g (37.6%), Net Carbohydrates: 111.24g (40.45%), Sugar: 110.35g (122.61%), Cholesterol: 10.03mg (3.34%), Sodium: 434.4mg (18.89%), Alcohol: 0.46g (100%), Alcohol %: 0.4% (100%), Protein: 4.28g (8.57%), Manganese: 0.43mg (21.7%), Vitamin B3: 2.59mg (12.96%), Folate: 39.07µg (9.77%), Vitamin B1: 0.14mg (9.56%), Magnesium: 31.32mg (7.83%), Copper: 0.15mg (7.58%), Phosphorus: 64.14mg (6.41%), Fiber: 1.54g (6.16%), Zinc: 0.61mg (4.04%), Iron: 0.67mg (3.72%), Potassium: 125.69mg (3.59%), Vitamin B5: 0.29mg (2.93%), Selenium: 2.02µg (2.88%), Vitamin B6: 0.06mg (2.85%), Calcium: 26.52mg (2.65%), Vitamin A: 116.62IU (2.33%), Vitamin B2: 0.04mg (2.2%)