



Microwave Pecan Brittle



Vegetarian



Gluten Free

READY IN



49 min.

SERVINGS



10

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 0.5 cup plus light
- ☐ 1 cup pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

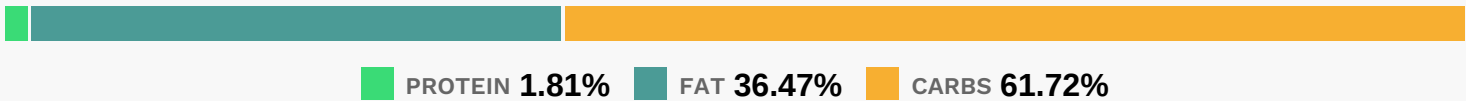
Equipment

- ☐ baking sheet
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Butter a baking sheet.
- ☐ Combine pecans, sugar, corn syrup, and salt in a glass 4-cup measuring cup.
- ☐ Heat in microwave for 3 1/2 minutes; stir and heat for 3 1/2 more minutes. Stir butter into pecan mixture and heat in microwave for 2 more minutes.
- ☐ Stir baking soda and vanilla extract into pecan mixture until foamy; pour onto the prepared baking sheet. Allow to cool completely before breaking brittle into pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:16.5, Inflammation Score:-1, Nutrition Score:2.7486956679951%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 211.76kcal (10.59%), Fat: 9.08g (13.97%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 33.53g (12.19%), Sugar: 33.54g (37.27%), Cholesterol: 3.01mg (1%), Sodium: 158.32mg (6.88%), Alcohol: 0.14g (100%), Alcohol %: 0.35% (100%), Protein: 1.01g (2.02%), Manganese: 0.49mg (24.61%), Copper: 0.13mg (6.63%), Vitamin B1: 0.08mg (5.47%), Fiber: 1.05g (4.19%), Zinc: 0.57mg (3.82%), Magnesium: 13.44mg (3.36%), Phosphorus: 30.55mg (3.06%), Iron: 0.29mg (1.59%), Potassium: 46.19mg (1.32%), Vitamin E: 0.19mg (1.23%), Vitamin B6: 0.02mg (1.15%), Vitamin B2: 0.02mg (1.11%), Calcium: 10.44mg (1.04%)