

Mixed Nut Brittle

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



7

CALORIES



804 kcal

DESSERT

Ingredients

- 1.5 cups sugar
- 1 cup plus light
- 0.3 cup water
- 4 cups nuts mixed
- 2 teaspoons butter divided
- 1 teaspoon vanilla extract
- 0.5 teaspoon salt

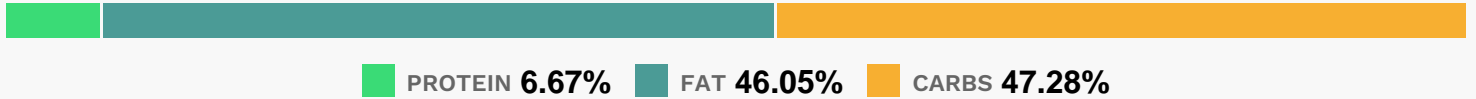
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- candy thermometer

Directions

- In a large heavy saucepan, combine the sugar, corn syrup and water. Cover and bring to a boil over medium heat. Uncover and cook until a candy thermometer reads 290° (soft-crack stage).
- Meanwhile, grease a 15x10x1-in. baking pan with 2 teaspoons butter; set aside.
- Place nuts in two ungreased 15x10x1-in. baking pans; bake at 325° for 10–15 minutes or until warm. (Keep warm until ready to use.)
- Remove sugar mixture from the heat; carefully stir in the nuts, vanilla, salt and remaining butter. Quickly spread into prepared pan. Cool completely; break into pieces.

Nutrition Facts



Properties

Glycemic Index:24.11, Glycemic Load:41.02, Inflammation Score:-6, Nutrition Score:16.616087087471%

Nutrients (% of daily need)

Calories: 803.53kcal (40.18%), Fat: 43.73g (67.28%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 101.03g (33.68%), Net Carbohydrates: 93.63g (34.05%), Sugar: 80.26g (89.17%), Cholesterol: 3.07mg (1.02%), Sodium: 216.41mg (9.41%), Alcohol: 0.2g (100%), Alcohol %: 0.13% (100%), Protein: 14.25g (28.5%), Manganese: 1.6mg (79.87%), Copper: 1.06mg (52.89%), Magnesium: 185.84mg (46.46%), Phosphorus: 358.32mg (35.83%), Fiber: 7.41g (29.62%), Zinc: 3.35mg (22.33%), Vitamin B3: 3.87mg (19.35%), Iron: 3.07mg (17.05%), Potassium: 493.81mg (14.11%), Vitamin B1: 0.19mg (12.9%), Vitamin B6: 0.24mg (12.19%), Folate: 41.19µg (10.3%), Vitamin B2: 0.17mg (10.22%), Vitamin B5: 0.99mg (9.93%), Calcium: 65.21mg (6.52%)