



NYC Nut Stand Cinnamon & Sugar Peanuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



12

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups sugar
- 0.7 cup water
- 1 teaspoon vanilla paste
- 3 cups roasted peanuts unsalted
- 1 teaspoon ground cinnamon

Equipment

- frying pan
- baking paper

whisk

Directions

Line 15x10x1-inch pan with cooking parchment paper.

In 12- or 14-inch cast iron skillet, beat sugar, water and vanilla paste with whisk. Stir in peanuts. Cook over medium heat, stirring occasionally, until mixture begins to boil rapidly, about 5 minutes. Cook, stirring constantly, until liquid reduces and sugar crystallizes on peanuts. Continue to cook and stir until peanuts are dry and crusty looking.

Reduce heat to low; continue to cook and stir as sugar begins to turn to syrup and pool in bottom of skillet. Use spoon to continuously toss peanuts in syrup as it forms. Continue to do this until peanuts are golden brown, about 15 minutes.

Sprinkle peanuts with cinnamon; toss to evenly distribute.

Pour peanuts into pan; spread in single layer, breaking up any large clumps. Cool completely, about 1 hour. Store in an airtight container.

Nutrition Facts

 **PROTEIN 12.42%**  **FAT 49.13%**  **CARBS 38.45%**

Properties

Glycemic Index:6.26, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:7.9969565495039%

Nutrients (% of daily need)

Calories: 309.66kcal (15.48%), Fat: 17.98g (27.66%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 28.32g (10.3%), Sugar: 25.2g (28%), Cholesterol: 0mg (0%), Sodium: 158.97mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Manganese: 0.89mg (44.48%), Vitamin B3: 5.45mg (27.26%), Magnesium: 61.55mg (15.39%), Phosphorus: 141.36mg (14.14%), Fiber: 3.34g (13.35%), Copper: 0.25mg (12.28%), Folate: 46µg (11.5%), Potassium: 284.46mg (8.13%), Vitamin B1: 0.12mg (7.72%), Vitamin B5: 0.51mg (5.09%), Zinc: 0.74mg (4.91%), Iron: 0.86mg (4.77%), Vitamin B6: 0.09mg (4.69%), Selenium: 2.89µg (4.13%), Calcium: 38.81mg (3.88%), Vitamin B2: 0.04mg (2.11%)