



Old-Fashioned Peanut Brittle



Vegetarian



Gluten Free

READY IN



16 min.

SERVINGS



21

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 0.5 cup plus light
- ☐ 1.5 cups peanuts raw shelled
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

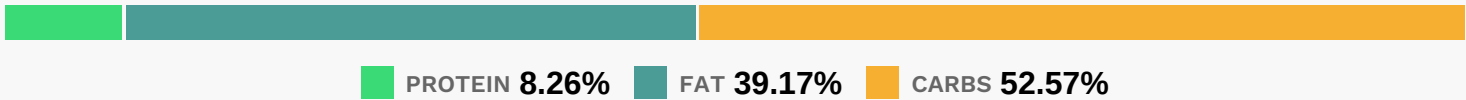
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

☐ Microwave first 3 ingredients in a 2-quart glass bowl on HIGH 5 minutes, using an 1100-watt microwave oven. (Microwave 1 more minute if using a 700-watt microwave.) Stir in peanuts. Microwave 3 more minutes in an 1100-watt oven (add 1 more minute in 700-watt oven). Stir in butter and vanilla. Microwave 45 seconds in an 1100-watt oven (add 1 more minute in 700-watt oven) or until candy is the color of peanut butter. Stir in baking soda (mixture will bubble). Working quickly, spread hot candy in a thin layer onto a lightly greased baking sheet using two metal forks. Cool completely. Break candy into pieces.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:7.93, Inflammation Score:-1, Nutrition Score:2.823478302392%

Nutrients (% of daily need)

Calories: 124.42kcal (6.22%), Fat: 5.76g (8.86%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 16.4g (5.97%), Sugar: 15.76g (17.52%), Cholesterol: 1.43mg (0.48%), Sodium: 77.68mg (3.38%), Alcohol: 0.07g (100%), Alcohol %: 0.28% (100%), Protein: 2.73g (5.47%), Manganese: 0.28mg (13.81%), Vitamin B3: 1.66mg (8.31%), Folate: 25.05µg (6.26%), Vitamin B1: 0.08mg (5.02%), Magnesium: 19.72mg (4.93%), Copper: 0.09mg (4.73%), Phosphorus: 40.63mg (4.06%), Fiber: 0.99g (3.96%), Iron: 0.41mg (2.29%), Potassium: 78.31mg (2.24%), Vitamin B5: 0.19mg (1.85%), Vitamin B6: 0.04mg (1.82%), Zinc: 0.26mg (1.72%), Selenium: 0.87µg (1.25%), Calcium: 12.39mg (1.24%)