



Peanut Brittle

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



72

CALORIES



70 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 1 teaspoon water
- 1 teaspoon vanilla
- 1.5 cups sugar
- 1 cup water
- 1 cup plus light
- 3 tablespoons butter
- 1 pound peanuts shelled

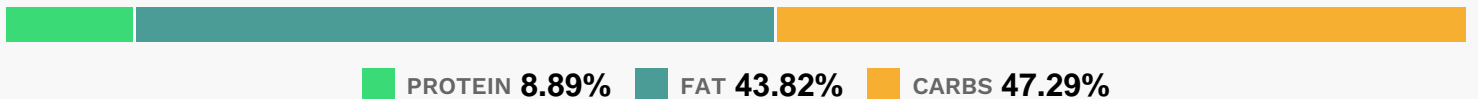
Equipment

- baking sheet
- sauce pan
- oven
- candy thermometer

Directions

- Heat oven to 200°F. Butter 2 cookie sheets, 15 1/2x12 inches, and keep warm in oven.
- Mix baking soda, 1 teaspoon water and the vanilla; reserve.
- Mix sugar, 1 cup water and the corn syrup in 3–quart saucepan. Cook over medium heat, stirring occasionally, to 240°F on candy thermometer or until small amount of syrup dropped into very cold water forms a soft ball that flattens when removed from water.
- Stir in butter and peanuts. Cook, stirring constantly, to 300°F or until small amount of mixture dropped into very cold water separates into hard, brittle threads. (Watch carefully so mixture does not burn.) Immediately remove from heat. Quickly stir in baking soda mixture until light and foamy.
- Pour half the candy mixture onto each cookie sheet; quickly spread about 1/4 inch thick. Cool completely, at least 1 hour. Break into pieces. Store in covered container.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:1.7113043534691%

Nutrients (% of daily need)

Calories: 69.7kcal (3.48%), Fat: 3.62g (5.57%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 8.19g (2.98%), Sugar: 7.8g (8.67%), Cholesterol: 1.25mg (0.42%), Sodium: 31.09mg (1.35%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 1.65g (3.3%), Manganese: 0.17mg (8.33%), Vitamin B3: 1mg (5.02%), Folate: 15.14µg (3.78%), Vitamin B1: 0.05mg (3.02%), Magnesium: 11.94mg (2.99%), Copper: 0.06mg (2.88%), Phosphorus: 24.59mg (2.46%), Fiber: 0.6g (2.39%), Iron: 0.25mg (1.38%), Potassium: 47.22mg (1.35%), Vitamin B5: 0.11mg (1.12%), Vitamin B6: 0.02mg (1.1%), Zinc: 0.16mg (1.04%)