

Peanut Brittle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup plus light
- ☐ 1 cup peanuts raw spanish
- ☐ 0.5 cup water
- ☐ 1 cup sugar white

Equipment

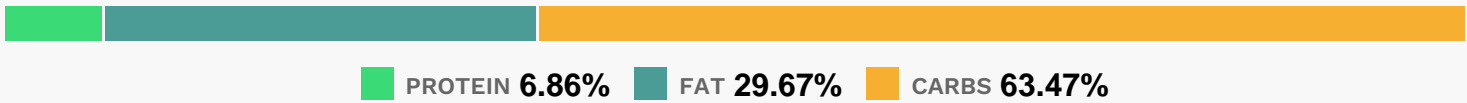
- ☐ frying pan
- ☐ aluminum foil

- ☐ stove
- ☐ candy thermometer

Directions

- ☐ Lay out several sheets of foil to spoon the hot peanut brittle onto.
- ☐ In a large skillet mix the sugar, syrup, and water together. Cook at a medium-high heat, stirring regularly.
- ☐ Heat until the mixture has a hard ball consistency.
- ☐ Heat to 250 to 265 degrees F (121 to 129 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball. If you don't own a candy thermometer, occasionally hold spoon above mixture, allowing it to drip off spoon. When mixture is at hard ball stage, it will 'hair' off the spoon when falling, looking like a clear spider web.
- ☐ Once mixture is at hard ball consistency, add raw peanuts. (They will pop a little.) When mixture starts to turn a light clear-brown, as if it's starting to burn, remove from stove.
- ☐ Add soda and stir.
- ☐ Mixture will foam up.
- ☐ Spoon out bite-size pieces onto unbuttered foil, stirring constantly between each couple of pieces.
- ☐ Mixture can also be poured onto unbuttered foil as one big piece and broken into smaller pieces once cooled.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:11.05, Inflammation Score:-1, Nutrition Score:2.6352173841518%

Nutrients (% of daily need)

Calories: 138.98kcal (6.95%), Fat: 4.89g (7.53%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 22.62g (8.23%), Sugar: 22.04g (24.48%), Cholesterol: 0mg (0%), Sodium: 82.68mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Manganese: 0.26mg (12.87%), Vitamin B3: 1.55mg (7.75%), Folate: 23.36µg (5.84%), Vitamin B1: 0.07mg (4.83%), Magnesium: 18.49mg (4.62%), Copper: 0.09mg (4.49%), Phosphorus: 37.77mg (3.78%), Fiber: 0.92g (3.7%), Iron: 0.39mg (2.15%), Potassium: 72.8mg

(2.08%), Zinc: 0.26mg (1.72%), Vitamin B5: 0.17mg (1.72%), Vitamin B6: 0.03mg (1.69%), Selenium: 0.86µg (1.23%), Calcium: 12.16mg (1.22%)