



## Peanut Butter Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1658 kcal

DESSERT

## Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup plus light
- ☐ 0.5 teaspoon salt
- ☐ 4 cups roasted peanuts salted
- ☐ 2 cups creamy peanut butter
- ☐ 3 cups sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

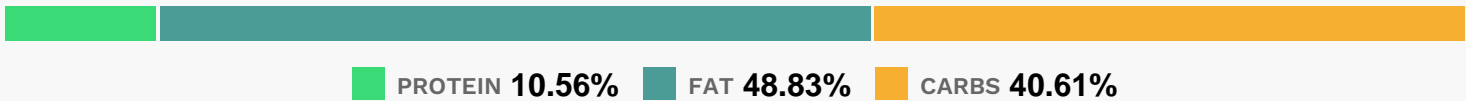
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ candy thermometer

## Directions

- ☐ Lightly butter two 11 x 17-inch cookie sheets.
- ☐ Combine the sugar, corn syrup, salt, and 1/2 cup water in a large saucepan over high heat and bring to a rolling boil.
- ☐ Add the peanuts and reduce the heat to medium, stirring constantly.
- ☐ When the mixture reaches the hard-crack stage, about 300° F (use a candy thermometer to measure the temperature), remove the pan from the heat.
- ☐ Add the peanut butter, butter, and vanilla, and then the baking soda, stirring constantly.
- ☐ When you add the baking soda, the mixture will increase in volume dramatically.
- ☐ Pour the mixture onto the prepared baking sheets, spreading to a 1/4-inch thickness. Allow to cool for 1 to 2 hours. Break the candy in to large pieces and store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:17.18, Glycemic Load:80.21, Inflammation Score:-9, Nutrition Score:33.488695690165%

## Nutrients (% of daily need)

Calories: 1658.2kcal (82.91%), Fat: 95.9g (147.53%), Saturated Fat: 18.44g (115.23%), Carbohydrates: 179.5g (59.83%), Net Carbohydrates: 166.71g (60.62%), Sugar: 152.57g (169.52%), Cholesterol: 10.03mg (3.34%), Sodium: 1385.79mg (60.25%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 46.65g (93.31%), Manganese: 3.56mg (177.96%), Vitamin B3: 25.98mg (129.89%), Magnesium: 309.61mg (77.4%), Phosphorus: 669.38mg (66.94%), Vitamin E: 7.94mg (52.95%), Fiber: 12.79g (51.16%), Copper: 1.01mg (50.65%), Folate: 196.74µg (49.19%), Potassium: 1245.06mg (35.57%), Vitamin B6: 0.63mg (31.57%), Vitamin B1: 0.46mg (30.74%), Zinc: 4.4mg (29.31%),

Vitamin B5: 2.27mg (22.72%), Iron: 3.76mg (20.89%), Selenium: 11.87µg (16.96%), Vitamin B2: 0.27mg (15.78%), Calcium: 149.18mg (14.92%), Vitamin A: 116.62IU (2.33%)