



WHATSheATE



## Peppered Peanut Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



935 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon butter
- ☐ 0.3 cup light-colored corn syrup
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 1.5 cups roasted peanuts

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 3 tablespoons water

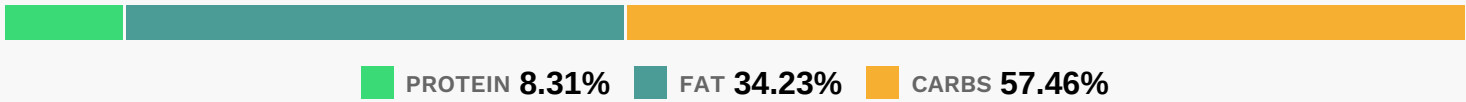
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ candy thermometer

## Directions

- ☐ Coat a large jelly roll pan with cooking spray.
- ☐ Combine sugar and next 5 ingredients (sugar through salt) in a large saucepan; bring to a boil over medium-high heat. Cook 10 minutes or until sugar dissolves and candy thermometer registers 325, stirring occasionally.
- ☐ Remove mixture from heat; stir in peanuts and remaining ingredients. (The baking soda will cause the mixture to bubble and become opaque.)
- ☐ Quickly pour mixture into prepared pan, spreading to edges.
- ☐ Let stand 1 hour; break into pieces.
- ☐ Note: Store the peanut brittle in an airtight container for up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:67.7, Glycemic Load:75.37, Inflammation Score:-6, Nutrition Score:16.575217202468%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 934.6kcal (46.73%), Fat: 37.62g (57.88%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 142.13g (47.38%), Net Carbohydrates: 135.44g (49.25%), Sugar: 129.23g (143.59%), Cholesterol: 3.58mg (1.19%), Sodium: 1110.15mg (48.27%), Alcohol: 0.69g (100%), Alcohol %: 0.37% (100%), Protein: 20.54g (41.08%), Manganese: 1.76mg (87.88%), Vitamin B3: 10.96mg (54.8%), Magnesium: 124.46mg (31.12%), Phosphorus: 284.67mg (28.47%), Fiber: 6.68g (26.73%), Copper: 0.5mg (24.99%), Folate: 92.57µg (23.14%), Vitamin B1: 0.26mg (17.05%), Potassium: 584.41mg (16.7%), Zinc: 1.66mg (11.08%), Vitamin B5: 1.03mg (10.26%), Iron: 1.8mg (10.01%), Vitamin B6: 0.2mg (9.89%), Selenium: 6.45µg (9.21%), Calcium: 82.3mg (8.23%), Vitamin B2: 0.09mg (5.17%), Vitamin A: 176.17IU (3.52%), Vitamin E: 0.19mg (1.3%)