



## Peppery Pepita Brittle



Vegetarian



Gluten Free

READY IN



24 min.

SERVINGS



24

CALORIES



56 kcal

DESSERT

### Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 1 cup pumpkinseed kernels unsalted
- ☐ 0.3 cup light-colored corn syrup
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.7 cup sugar
- ☐ 0.3 cup water

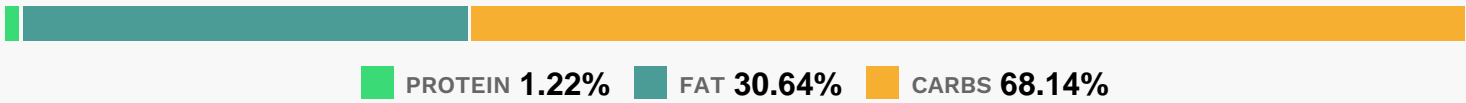
## Equipment

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

## Directions

- ☐ Melt butter in a small saucepan over medium heat.
- ☐ Add pumpkinseed kernels and next 4 ingredients (through red pepper); cook 3 minutes, stirring frequently. Set aside.
- ☐ Combine sugar, corn syrup, and 1/4 cup water in a medium, heavy saucepan over medium-high heat; bring to a boil, stirring just until sugar dissolves. Cook until a candy thermometer registers 33
- ☐ Remove pan from heat; add pumpkinseed mixture and baking soda. Working quickly, spread mixture in a thin, even layer on a baking sheet lined with parchment paper; let stand until set. Break into pieces.

## Nutrition Facts



## Properties

Glycemic Index:8.67, Glycemic Load:4.57, Inflammation Score:-1, Nutrition Score:0.3291304367392%

## Nutrients (% of daily need)

Calories: 56.45kcal (2.82%), Fat: 2.03g (3.13%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 10.03g (3.65%), Sugar: 9.49g (10.54%), Cholesterol: 5.08mg (1.69%), Sodium: 115mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin A: 66.75IU (1.33%)