



Pistachio and Pine Nut Brittle



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



10

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup plus
- ☐ 0.3 cup cranberries dried coarsely chopped
- ☐ 0.5 cup chop roasted peanuts unsalted coarsely chopped
- ☐ 0.3 cup pinenuts lightly toasted
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1.5 tablespoons butter unsalted softened

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water

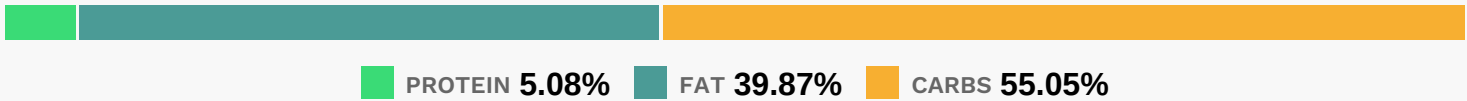
Equipment

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

Directions

- ☐ Line a baking sheet with parchment paper.
- ☐ Combine first 3 ingredients in a medium, heavy saucepan over medium-high heat, stirring just until combined; bring to a boil. Cook, without stirring, until a candy thermometer registers 335 or until syrup is dark golden brown.
- ☐ Remove from heat; stir in pistachios and remaining ingredients (mixture will bubble). Quickly pour mixture onto prepared pan; spread to about 1/2-inch thickness. Cool completely (about 2 hours). Break brittle into bite-sized pieces.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:10.97, Inflammation Score:-1, Nutrition Score:3.6791304427644%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 182.78kcal (9.14%), Fat: 8.61g (13.24%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 25.78g (9.37%), Sugar: 24.79g (27.55%), Cholesterol: 4.51mg (1.51%), Sodium: 178.93mg (7.78%), Alcohol: 0.07g (100%), Alcohol %: 0.18% (100%), Protein: 2.47g (4.94%), Manganese: 0.56mg (28.08%), Vitamin B3:

1.3mg (6.48%), Magnesium: 25.01mg (6.25%), Vitamin E: 0.9mg (6.01%), Phosphorus: 53.86mg (5.39%), Copper: 0.1mg (4.79%), Fiber: 0.96g (3.83%), Zinc: 0.56mg (3.7%), Vitamin K: 2.8µg (2.67%), Vitamin B1: 0.04mg (2.33%), Folate: 8.87µg (2.22%), Potassium: 77.09mg (2.2%), Iron: 0.39mg (2.15%), Vitamin B6: 0.04mg (2.02%), Vitamin B2: 0.03mg (1.72%), Selenium: 0.93µg (1.33%), Vitamin B5: 0.13mg (1.28%), Vitamin A: 53.78IU (1.08%)