



## Pistachio Brittle

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



137 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 teaspoon butter
- 0.5 cup plus light
- 0.5 cup pistachios shelled
- 0.1 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract

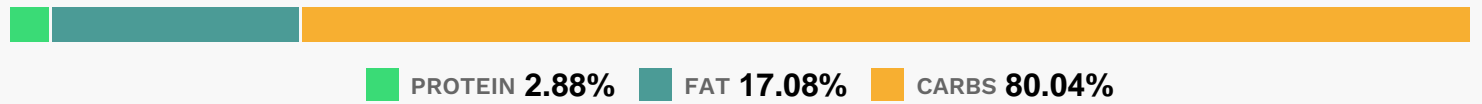
### Equipment

- bowl
- baking sheet
- microwave

## Directions

- In a 2-qt. microwave-safe bowl, combine sugar, corn syrup and salt. Microwave, uncovered, on high for 3 minutes. Stir. Microwave 2 minutes longer. Stir in butter and pistachios. Microwave on high for 30–60 seconds or until mixture turns a light amber (it will be very hot). Quickly stir in baking soda and vanilla until light and foamy. Immediately pour onto a greased baking sheet and spread out. Refrigerate for 20 minutes or until firm; break into small pieces. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:13.09, Glycemic Load:13.87, Inflammation Score:-1, Nutrition Score:1.3021739180321%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 137.13kcal (6.86%), Fat: 2.75g (4.22%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 28.44g (10.34%), Sugar: 27.98g (31.09%), Cholesterol: 0.9mg (0.3%), Sodium: 127.16mg (5.53%), Alcohol: 0.11g (100%), Alcohol %: 0.39% (100%), Protein: 1.04g (2.09%), Vitamin B6: 0.09mg (4.36%), Vitamin B1: 0.05mg (3.54%), Copper: 0.07mg (3.4%), Manganese: 0.06mg (3.15%), Phosphorus: 25.23mg (2.52%), Fiber: 0.53g (2.11%), Magnesium: 6.39mg (1.6%), Potassium: 53.6mg (1.53%), Zinc: 0.18mg (1.18%), Iron: 0.21mg (1.17%)