



Pistachio Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



80 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup plus light
- ☐ 1 cup pistachios unsalted shelled
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.3 cup water

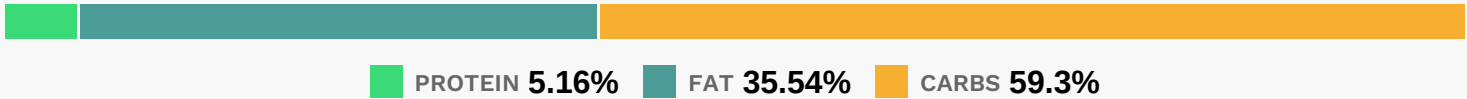
Equipment

- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Line a baking sheet with parchmentpaper; lightly coat paper withvegetable oil cooking spray. In amedium saucepan over medium-highheat, bring 1 cup sugar, 1/4 cup lightcorn syrup, 1/4 cup water and 2 tablespoonsunsalted butter to a simmer; cook,stirring often, until mixture is a mediumcaramel color, 12 to 15 minutes.
- ☐ Removefrom heat. Stir in 1/4 teaspoon baking soda(mixture will foam), 3/4 teaspoon koshersalt, 1/2 teaspoon pure vanilla extract and1 cup dry-roasted shelled unsaltedpistachios.
- ☐ Pour onto baking sheet;spread into an even layer. Coolcompletely. Break into 24 pieces.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:6.34, Inflammation Score:-1, Nutrition Score:1.2173912935769%

Nutrients (% of daily need)

Calories: 80.06kcal (4%), Fat: 3.33g (5.12%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.96g (4.35%), Sugar: 11.45g (12.73%), Cholesterol: 2.51mg (0.84%), Sodium: 86.92mg (3.78%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.09g (2.17%), Copper: 0.07mg (3.37%), Manganese: 0.06mg (3.22%), Vitamin B6: 0.06mg (2.87%), Vitamin B1: 0.04mg (2.52%), Phosphorus: 24.32mg (2.43%), Fiber: 0.53g (2.11%), Potassium: 52.38mg (1.5%), Magnesium: 5.68mg (1.42%), Iron: 0.21mg (1.18%)