



PLANTERS Microwave Peanut Brittle

 Vegetarian  Gluten Free

READY IN



16 min.

SERVINGS



16

CALORIES



168 kcal

DESSERT

Ingredients

- 1 tsp baking soda
- 1 Tbsp butter
- 0.5 cup plus light
- 1.5 cups planters roasted peanuts dry
- 1 cup sugar
- 1 tsp vanilla

Equipment

- bowl

baking sheet

microwave

Directions

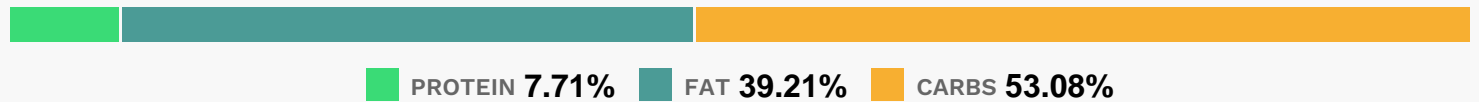
Microwave sugar and corn syrup in large microwaveable bowl on HIGH 5 min., stirring after 3 min. Stir in peanuts. Microwave an additional 3 to 5 min. or until golden brown.

Add butter and vanilla; stir until butter is completely melted. Microwave 1 min. Stir in baking soda. (

Mixture will foam.)

Spread mixture onto baking sheet. Cool completely. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:10.28, Inflammation Score:-1, Nutrition Score:3.1091304406038%

Nutrients (% of daily need)

Calories: 167.95kcal (8.4%), Fat: 7.77g (11.95%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 22.48g (8.18%), Sugar: 21.38g (23.76%), Cholesterol: 1.91mg (0.64%), Sodium: 148.78mg (6.47%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 3.44g (6.88%), Manganese: 0.29mg (14.7%), Vitamin B3: 2.03mg (10.13%), Magnesium: 25.19mg (6.3%), Phosphorus: 51.28mg (5.13%), Vitamin E: 0.71mg (4.76%), Fiber: 1.18g (4.72%), Folate: 13.67µg (3.42%), Vitamin B6: 0.07mg (3.28%), Copper: 0.06mg (3.06%), Zinc: 0.44mg (2.93%), Potassium: 90.11mg (2.57%), Selenium: 1.47µg (2.1%), Vitamin B5: 0.2mg (1.97%), Vitamin B1: 0.03mg (1.85%), Vitamin B2: 0.03mg (1.8%), Iron: 0.23mg (1.27%)