



Popcorn Peanut Brittle

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



800 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 0.5 cup plus light
- ☐ 1 cup dry-roasted raw shelled
- ☐ 1 cup popped popcorn
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla

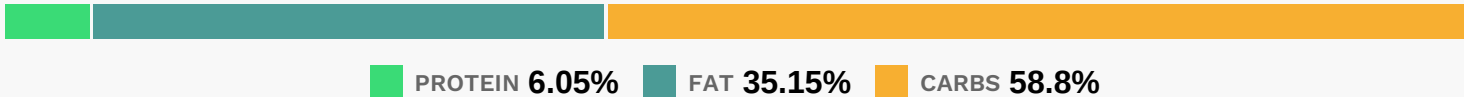
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in a large glass bowl. Microwave on HIGH 5 minutes, add peanuts, and microwave 2 more minutes with 1,000-watt microwave. Microwave 4 more minutes if using a 700-watt microwave. Stir in remaining ingredients.
- ☐ Pour into a buttered 15- x 10-inch jellyroll pan; shake pan to spread thinly. Cool until firm, and break into pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:68.47, Glycemic Load:56.38, Inflammation Score:-5, Nutrition Score:11.900434854238%

Nutrients (% of daily need)

Calories: 799.79kcal (39.99%), Fat: 32.91g (50.64%), Saturated Fat: 8.68g (54.24%), Carbohydrates: 123.9g (41.3%), Net Carbohydrates: 119.17g (43.33%), Sugar: 113.01g (125.56%), Cholesterol: 20.07mg (6.69%), Sodium: 763.15mg (33.18%), Alcohol: 0.92g (100%), Alcohol %: 0.61% (100%), Protein: 12.76g (25.51%), Manganese: 1.09mg (54.57%), Vitamin B3: 7.3mg (36.5%), Magnesium: 95.36mg (23.84%), Phosphorus: 197.03mg (19.7%), Fiber: 4.73g (18.93%), Vitamin E: 2.69mg (17.95%), Folate: 49.92µg (12.48%), Vitamin B6: 0.24mg (11.99%), Zinc: 1.77mg (11.78%), Copper: 0.23mg (11.51%), Potassium: 337.17mg (9.63%), Selenium: 5.54µg (7.92%), Vitamin B1: 0.11mg (7.61%), Vitamin B5: 0.73mg (7.27%), Vitamin B2: 0.12mg (7.05%), Iron: 0.95mg (5.26%), Vitamin A: 240.43IU (4.81%), Calcium: 39.9mg (3.99%)