



Pretzel Beer Brittle



Vegetarian



Dairy Free

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READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

352 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons plus light
- ☐ 1.5 cups granulated sugar
- ☐ 0.8 cup lightly pretzels crushed ()
- ☐ 1.5 cup lightly roasted peanuts salted
- ☐ 6 ounces stout beer dark such as guinness
- ☐ 1 teaspoon vanilla extract

Equipment

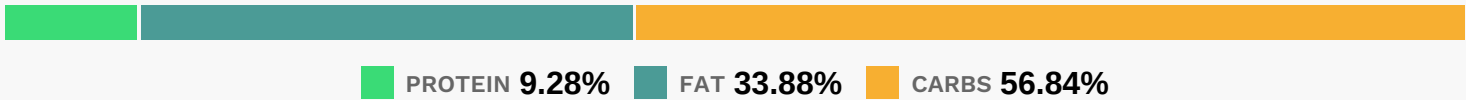
- ☐ baking sheet

- ☐ baking paper
- ☐ pot

Directions

- ☐ Prepare a baking sheet lined with parchment paper or a silicone mat and sprayed with cooking spray.
- ☐ Set a large, heavy pot over high heat.
- ☐ Add the sugar, beer, corn syrup and vanilla and mix together. Bring to a boil, reduce the heat to a simmer and cook until the sugar has dissolved completely and the liquid reaches a temperature of 305 degrees F (a small amount dropped in ice water will set and form a strand when dropped in).
- ☐ Remove from the heat and mix in the peanuts and pretzels. Carefully pour onto the prepared baking sheet and allow the beer brittle to cool completely on the counter top. Break the candy into pieces once cooled.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:31.57, Inflammation Score:-3, Nutrition Score:6.8491304387217%

Nutrients (% of daily need)

Calories: 352.27kcal (17.61%), Fat: 13.77g (21.19%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 49.29g (17.92%), Sugar: 40.82g (45.36%), Cholesterol: 0mg (0%), Sodium: 214.51mg (9.33%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 8.49g (16.98%), Manganese: 0.72mg (35.87%), Vitamin B3: 4.49mg (22.43%), Magnesium: 48.27mg (12.07%), Folate: 48.07µg (12.02%), Phosphorus: 115.57mg (11.56%), Fiber: 2.69g (10.77%), Copper: 0.2mg (9.78%), Vitamin B1: 0.12mg (8.07%), Potassium: 230.69mg (6.59%), Iron: 0.99mg (5.48%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.41mg (4.07%), Vitamin B6: 0.08mg (3.79%), Selenium: 2.64µg (3.77%), Vitamin B2: 0.06mg (3.28%), Calcium: 30.37mg (3.04%)