



Pumpkin Seed Brittle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



725 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 pound granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon kosher salt
- ☐ 7 ounces pumpkin seeds green hulled (these are the ones)
- ☐ 1 teaspoon vegetable oil for coating
- ☐ 12 ounces water

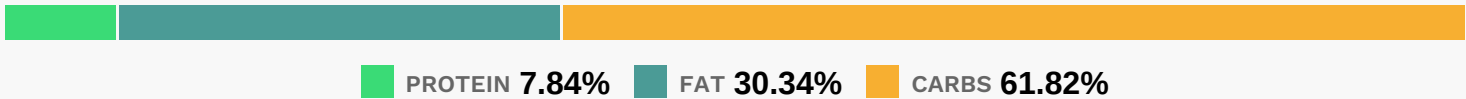
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the oil and seeds into a 10-inch saute pan and set over medium-high heat. Toast the seeds while constantly moving the pan. You will smell their aroma and hear some of them begin to crackle when they are toasted, 4 to 5 minutes.
- ☐ Transfer the seeds to a small mixing bowl, add the cayenne, cinnamon and salt and stir to combine.
- ☐ Line a half sheet pan with a silicone baking mat.
- ☐ Place a 3-quart saucier inside a large cast iron skillet.
- ☐ Add the sugar and water to the saucepan, and cook over high heat, stirring occasionally with a wooden spoon, until it comes to a boil. Stop stirring, cover and cook for 3 minutes. Uncover, reduce heat to medium, and cook until the sugar is a light amber color, approximately 25 minutes.
- ☐ Remove from the heat and stir in the pumpkin seed mixture. This will greatly reduce the temperature of the sugar, so work quickly. Once evenly mixed, pour the mixture onto the prepared half sheet pan. Using an oiled spatula, spread thin. You will have to work quickly when pouring out and spreading the mixture in the pan. Cool completely, approximately 30 minutes, and then break into pieces. Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:79.42, Inflammation Score:-8, Nutrition Score:18.064782520999%

Nutrients (% of daily need)

Calories: 725.27kcal (36.26%), Fat: 25.87g (39.8%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 118.6g (39.53%), Net Carbohydrates: 115.42g (41.97%), Sugar: 113.9g (126.55%), Cholesterol: 0mg (0%), Sodium: 299.64mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Manganese: 2.31mg (115.39%), Magnesium: 295.09mg (73.77%), Phosphorus: 612.6mg (61.26%), Copper: 0.69mg (34.49%), Zinc: 3.91mg (26.04%), Iron: 4.48mg (24.86%), Fiber: 3.18g (12.71%), Vitamin B3: 2.5mg (12.5%), Potassium: 409.8mg (11.71%), Vitamin B1: 0.14mg (9.09%), Vitamin E: 1.25mg (8.36%), Selenium: 5.37µg (7.68%), Folate: 29.05µg (7.26%), Vitamin B2: 0.1mg (5.87%), Vitamin K: 5.97µg (5.69%), Vitamin B6: 0.08mg (3.87%), Vitamin B5: 0.37mg (3.73%), Calcium: 29.56mg (2.96%), Vitamin A: 112.7IU (2.25%), Vitamin C: 1.14mg (1.39%)