



Pumpkin Seed Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 cup plus light
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup pumpkin seeds raw shelled (pepitas)
- ☐ 0.3 teaspoon sea salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted

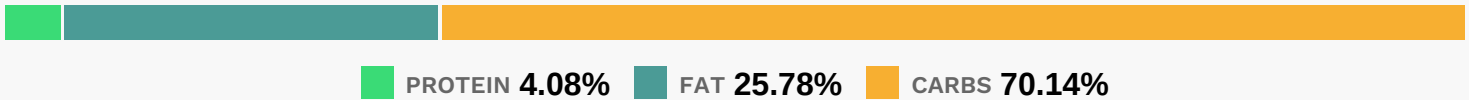
Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ kitchen thermometer

Directions

- ☐ Spray a parchment-lined bakingsheet with nonstick spray; setaside. Bring sugar, corn syrup,and 3 tablespoons water to a boil ina medium saucepan over mediumheat, stirring to dissolvesugar. Fit saucepan withthermometer and cook untilthermometer registers 290°F,3–4 minutes.
- ☐ Stir in pumpkin seeds, butter,and kosher salt and cook,stirring often, until pale brownand thermometer registers305°F, 3–4 minutes.
- ☐ Stir in baking soda andcinnamon (mixture will bubblevigorously), then immediatelpour caramel onto preparedsheet. Using a heatproofspatula, quickly spread out andsprinkle with sea salt; let cool.Break brittle into pieces.
- ☐ DO AHEAD: Brittle canbe made 1 week ahead. Storeairtight, layered betweensheets of parchment paper,at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.51, Glycemic Load:10.3, Inflammation Score:-1, Nutrition Score:1.6017391437098%

Nutrients (% of daily need)

Calories: 113.23kcal (5.66%), Fat: 3.44g (5.3%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.83g (7.57%), Sugar: 20.72g (23.02%), Cholesterol: 3.76mg (1.25%), Sodium: 240.18mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Manganese: 0.19mg (9.27%), Magnesium: 23.84mg (5.96%), Phosphorus: 49.75mg (4.97%), Copper: 0.06mg (2.75%), Zinc: 0.36mg (2.42%), Iron: 0.36mg (2.01%), Vitamin B1: 0.02mg (1.15%)