



Pumpkin Seed Pecan Brittle



Vegetarian



Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



1063 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 pound butter unsalted diced (1 stick)
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup plus light
- ☐ 1.5 cups pecans toasted
- ☐ 1.8 cups pumpkin seeds toasted
- ☐ 1.5 teaspoons fleur del sel such as fleur de sel

- ☐ 2 cups sugar
- ☐ 0.5 cup water

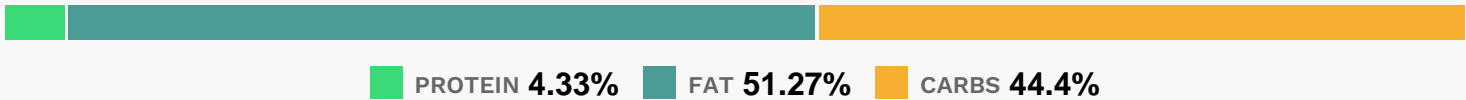
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ pot
- ☐ kitchen thermometer
- ☐ candy thermometer

Directions

- ☐ Line a baking sheet with parchment paper. Set aside.
- ☐ Combine the sugar, water, butter, and corn syrup in a medium-sized pot and bring it to a boil over medium-high heat. Cook, stirring occasionally, until the mixture is a rich amber color and a candy thermometer registers 300°F. Be patient, this can take up to 20 minutes.
- ☐ When the thermometer hits 300°F, immediately remove the pot from the heat and stir in the cinnamon, cayenne, and baking soda. The mixture will bubble and foam vigorously. Stir in the pumpkin seeds and the pecans. Immediately scrape the brittle onto the parchment-lined baking sheet, spreading it out as much as possible with the back of a spoon.
- ☐ Sprinkle the salt over the hot brittle. Using clean fingertips, gently press as many of the salt crystals as you can into the brittle. This helps them to stick once the brittle is firm.
- ☐ Allow the brittle to cool completely, about 2 hours, then break it into large shards. The brittle will keep for up to 3 weeks stored in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:73.23, Inflammation Score:-8, Nutrition Score:18.573478151923%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3–gallate: 0.85mg, Epigallocatechin 3–gallate: 0.85mg, Epigallocatechin 3–gallate: 0.85mg, Epigallocatechin 3–gallate: 0.85mg

Nutrients (% of daily need)

Calories: 1062.65kcal (53.13%), Fat: 63.85g (98.22%), Saturated Fat: 19.29g (120.54%), Carbohydrates: 124.42g (41.47%), Net Carbohydrates: 119.01g (43.27%), Sugar: 118.07g (131.19%), Cholesterol: 60.95mg (20.32%), Sodium: 1029.69mg (44.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.27%), Manganese: 3mg (149.81%), Magnesium: 212.12mg (53.03%), Phosphorus: 455.41mg (45.54%), Copper: 0.84mg (41.99%), Zinc: 4.01mg (26.74%), Vitamin B1: 0.34mg (22.39%), Fiber: 5.41g (21.64%), Iron: 3.5mg (19.46%), Vitamin A: 786.47IU (15.73%), Vitamin E: 1.83mg (12.21%), Potassium: 391.52mg (11.19%), Vitamin B3: 1.86mg (9.28%), Selenium: 5.1µg (7.28%), Vitamin B2: 0.12mg (7.12%), Folate: 25.41µg (6.35%), Vitamin B6: 0.12mg (6.12%), Vitamin B5: 0.56mg (5.62%), Calcium: 53.56mg (5.36%), Vitamin K: 5.51µg (5.24%), Vitamin D: 0.43µg (2.83%), Vitamin C: 1.05mg (1.27%)