



Rice Brittle Crunch



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



608 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup banana chips coarsely chopped
- ☐ 2 tablespoons plus light
- ☐ 1.8 cups rice chex toasted
- ☐ 0.5 cup roasted peanuts salted coarsely chopped
- ☐ 1 cup sugar
- ☐ 3 tablespoons water

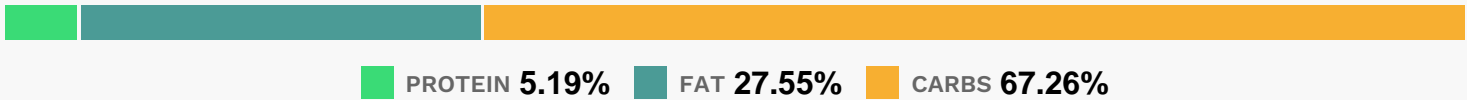
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Line a rimmed baking sheet with parchment and spray the paper with nonstick cooking spray. In a medium saucepan, combine the sugar, corn syrup and water and bring to a boil over moderately high heat. Cook undisturbed until a deep-amber caramel forms, about 7 minutes.
- ☐ Remove from the heat. Stir in the rice cereal, banana chips, peanuts and baking soda.
- ☐ Quickly spread the brittle on the baking sheet, separating it into pieces as much as possible with a spatula.
- ☐ Let cool until hardened, about 45 minutes. Coarsely chop the brittle or break it into clusters and serve.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:48.68, Inflammation Score:-6, Nutrition Score:16.51434805471%

Nutrients (% of daily need)

Calories: 608.41kcal (30.42%), Fat: 19.61g (30.17%), Saturated Fat: 8.08g (50.5%), Carbohydrates: 107.72g (35.91%), Net Carbohydrates: 103.61g (37.68%), Sugar: 86.56g (96.18%), Cholesterol: 0mg (0%), Sodium: 335.77mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Manganese: 1.47mg (73.55%), Folate: 150.34µg (37.59%), Iron: 6.1mg (33.88%), Vitamin B3: 6.7mg (33.49%), Vitamin B1: 0.32mg (21.52%), Vitamin B6: 0.41mg (20.45%), Zinc: 2.91mg (19.39%), Vitamin B2: 0.29mg (17%), Fiber: 4.12g (16.47%), Magnesium: 62.05mg (15.51%), Vitamin B12: 0.88µg (14.67%), Phosphorus: 129.38mg (12.94%), Copper: 0.25mg (12.62%), Potassium: 333.82mg (9.54%), Calcium: 89.46mg (8.95%), Selenium: 5.73µg (8.19%), Vitamin B5: 0.7mg (7.02%), Vitamin A: 309.33IU (6.19%), Vitamin C: 4.84mg (5.86%), Vitamin D: 0.58µg (3.88%)