



## Roasted Pumpkin Seed Brittle

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



72

CALORIES



43 kcal

DESSERT

### Ingredients

- 2 cups pumpkin seeds raw unsalted hulled (pepitas)
- 1 teaspoon vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon paprika smoked
- 0.5 teaspoon ground allspice
- 1.5 cups sugar
- 1 cup water
- 1 cup plus light

- 2 tablespoons butter (do not use margarine)
- 1.5 teaspoons baking soda

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- spatula
- candy thermometer

## Directions

- Heat oven to 400°F. In medium bowl, toss pumpkin seeds and oil until coated.
- Spread evenly in ungreased 15x10x1-inch pan.
- Bake 9 to 10 minutes or until golden brown. In same bowl, mix warm pumpkin seeds, salt, paprika and allspice. Set aside.
- Grease 2 cookie sheets with butter. In 3-quart heavy saucepan, mix sugar, water and corn syrup. Cover; cook over medium heat 2 minutes. Cook uncovered over medium heat 25 to 30 minutes, stirring frequently, to 300°F on candy thermometer or until small amount of mixture dropped into cup of very cold water separates into hard, brittle threads. (Watch carefully so mixture does not burn.)
- Remove from heat.
- Add 2 tablespoons butter and the seasoned pumpkin seeds; stir until butter is melted. Immediately stir in baking soda.
- Pour mixture onto cookie sheets and quickly spread to 1/4 inch thick with buttered spatula. Cool completely. Break into pieces. Store tightly covered at room temperature.

## Nutrition Facts



**PROTEIN 4.77%** **FAT 25.12%** **CARBS 70.11%**

## Properties

Glycemic Index:1.79, Glycemic Load:3.61, Inflammation Score:-1, Nutrition Score:0.71478261304614%

## Nutrients (% of daily need)

Calories: 42.81kcal (2.14%), Fat: 1.27g (1.96%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.88g (2.87%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 45.9mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Manganese: 0.08mg (4.08%), Magnesium: 10.66mg (2.67%), Phosphorus: 22.07mg (2.21%), Copper: 0.02mg (1.24%), Zinc: 0.16mg (1.07%)