



Rosé-Water Candied Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 cups dry-roasted peanuts
- ☐ 1.5 teaspoons middle eastern rose water
- ☐ 0.8 cup sugar
- ☐ 0.3 cup water

Equipment

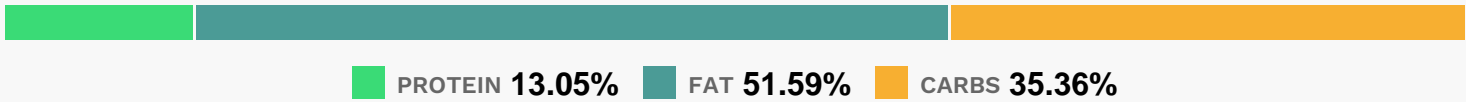
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

☐ aluminum foil

Directions

- ☐ Line a baking sheet with foil. Bring sugar and water to a boil in a 3-quart heavy saucepan over moderate heat, stirring until sugar is dissolved. Stir in peanuts and boil, stirring frequently, until syrup thickens, about 8 minutes. Reduce heat to moderately low and stir in 1/4 teaspoon salt. Continue cooking, stirring and scraping any bits of crystallized sugar from side of pan into mixture (it will become very gritty), until sugar is golden brown, 2 to 3 minutes more. (Sugar will still be gritty.)
- ☐ Remove from heat and stir in rose water.
- ☐ Spread nuts on foil to cool completely, about 20 minutes.
- ☐ Nuts keep in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:9.2034781808439%

Nutrients (% of daily need)

Calories: 342.81kcal (17.14%), Fat: 20.96g (32.25%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 28.54g (10.38%), Sugar: 24.95g (27.72%), Cholesterol: 0mg (0%), Sodium: 185.13mg (8.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Manganese: 1mg (50.19%), Vitamin B3: 6.36mg (31.79%), Magnesium: 71.64mg (17.91%), Phosphorus: 164.8mg (16.48%), Fiber: 3.79g (15.16%), Copper: 0.28mg (14.24%), Folate: 53.65µg (13.41%), Potassium: 330.95mg (9.46%), Vitamin B1: 0.14mg (9%), Vitamin B5: 0.59mg (5.93%), Zinc: 0.86mg (5.7%), Iron: 0.98mg (5.46%), Vitamin B6: 0.11mg (5.45%), Selenium: 3.34µg (4.78%), Calcium: 43.13mg (4.31%), Vitamin B2: 0.04mg (2.41%)