



WHATSheATE



Salted Pistachio Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 16 servings fleur del sel (such as fleur de sel or sel gris)
- ☐ 0.5 cup plus light
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup pistachios raw unsalted shelled coarsely chopped
- ☐ 1 cup sugar
- ☐ 1 tablespoon butter unsalted

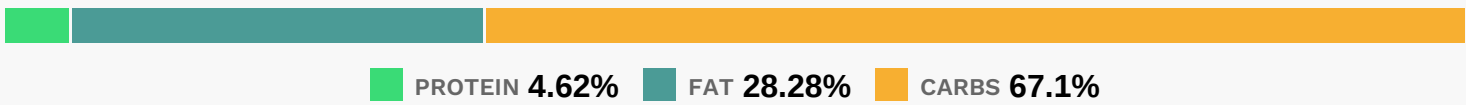
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ kitchen thermometer
- ☐ spatula
- ☐ candy thermometer

Directions

- ☐ Line a rimmed baking sheet with parchmentpaper; spray with nonstick spray and setaside.
- ☐ Whisk sugar, corn syrup, and3 tablespoons water in a medium saucepan. Stirover medium heat until sugar dissolves.Fit saucepan with candy thermometer,bring mixture to a boil, and cook untilthermometer registers 290°F, 3–4 minutes.
- ☐ Using a heatproof spatula, stir in pistachios, butter, and kosher salt (syrupwill seize initially, but will melt as it heatsback up). Continue to cook syrup, stirringoften, until thermometer registers 300°Fand pistachios are golden brown, 3–4minutes. Caramel should be pale brown(it will darken slightly as it cools).
- ☐ Sprinkle baking soda over and stir quicklyto blend caramel thoroughly (mixturewill bubble vigorously).
- ☐ Immediately pour caramel onto preparedbaking sheet and, using a heatproofspatula, quickly spread out as thinas possible.
- ☐ Sprinkle sea salt over and letcaramel cool completely. Break brittle intopieces. DO AHEAD: Brittle can be made1 week ahead. Store airtight between sheetsof parchment paper (to prevent sticking)at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:10.52, Inflammation Score:-1, Nutrition Score:1.9043478168871%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 127.76kcal (6.39%), Fat: 4.26g (6.55%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 21.96g (7.98%), Sugar: 21.25g (23.61%), Cholesterol: 1.88mg (0.63%), Sodium: 397.34mg (17.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Vitamin B6: 0.13mg (6.54%), Copper: 0.1mg (5.06%), Vitamin B1: 0.07mg (4.88%), Manganese: 0.09mg (4.68%), Phosphorus: 37.88mg (3.79%), Fiber: 0.79g (3.17%), Magnesium: 9.43mg (2.36%), Potassium: 79.43mg (2.27%), Iron: 0.31mg (1.73%), Zinc: 0.22mg (1.46%), Vitamin E: 0.2mg (1.31%), Vitamin A: 53.77IU (1.08%)