

Sesame Brittle

 Vegetarian  Gluten Free

READY IN

ready

85 min.

SERVINGS

servings

20

CALORIES

calories

291 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup plus light
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.8 cup sesame seed toasted
- ☐ 2 cups sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 20 servings vegetable oil
- ☐ 0.5 cup water

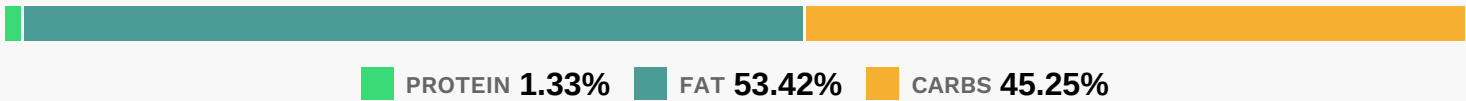
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ candy thermometer

Directions

- ☐ Generously oil a sheet pan (preferably one with sides) measuring at least 11 by 17-inches with vegetable oil. In a medium-sized heavy saucepan, combine the water, sugar, cream of tartar and corn syrup and bring to a boil over medium heat. Using a candy thermometer to test it, boil the mixture until it reaches 340 to 350 degrees. The color should be deep golden brown.
- ☐ Remove from the heat and whisk in the butter, then mix in the sesame seeds and baking soda.
- ☐ Pour the mixture onto the oiled pan and spread it out a bit with the back of a wooden spoon, to about a 1/4-inch thickness. For thinner brittle, place a silpat on top and roll to desired thickness while it's still warm.
- ☐ Let harden, uncovered, in a cool place, 30 to 45 minutes. (To wash the saucepan, soak it overnight.) Using your hands, wearing white gloves if desired to keep off any fingerprints, break the brittle into pieces. Store in an airtight container. To rewarm, place in a 350-degree oven.;

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:16.68, Inflammation Score:-1, Nutrition Score:3.9469565554805%

Nutrients (% of daily need)

Calories: 291.38kcal (14.57%), Fat: 18.03g (27.73%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 33.69g (12.25%), Sugar: 33.07g (36.75%), Cholesterol: 3.01mg (1%), Sodium: 66.58mg (2.89%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin K: 25.84µg (24.61%), Copper: 0.23mg (11.61%), Vitamin E: 1.19mg (7.94%), Manganese: 0.14mg (6.97%), Calcium: 57.78mg (5.78%), Magnesium: 20mg (5%), Iron: 0.83mg (4.63%), Vitamin B1: 0.05mg (3.64%), Phosphorus: 35.72mg (3.57%), Zinc: 0.51mg (3.43%), Selenium: 2.19µg (3.13%), Fiber: 0.66g (2.66%), Vitamin B6: 0.04mg (2.22%), Folate: 5.5µg (1.37%), Vitamin B3: 0.25mg (1.27%), Vitamin B2: 0.02mg (1.07%)