



Sesame Brittle

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



178 kcal

DESSERT

Ingredients

- 0.8 cup sugar
- 0.3 cup honey
- 1 pinch salt
- 0.3 teaspoon nutmeg
- 1 Tbsp water
- 1 cup sesame seed raw
- 1 teaspoon vanilla extract
- 2 teaspoons butter

- 0.3 teaspoon baking soda

Equipment

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

Directions

- Heat sugar, honey, water, salt, nutmeg:
- Put the sugar, honey, salt, nutmeg, and water into a small (1 1/2 quart), thick-bottomed saucepan.
- Heat on medium heat and stir until a smooth slurry is formed.
- Stir in the raw sesame seeds.
- the sesame seed mixture, stirring often, until the mixture turns an amber caramel color, about 5 to 10 minutes.
- If you have a candy thermometer, the temp should be 300°F. At this point, remove the pan from the heat. Stir in the vanilla extract and the butter.
- Once the butter has completely melted into the mixture, stir in the baking soda. The mixture will foam up a bit after you stir in the baking soda, as the baking soda reacts with the acid from the caramelization of the sugar.
- the mixture out onto a Silpat-lined baking sheet. (If you don't have Silpat, no worries, pour directly onto a buttered metal baking sheet and use a metal spatula to separate brittle from the pan once cooled.)
- completely cooled and hardened (about 15-20 minutes), break into pieces.

Nutrition Facts



PROTEIN 5.74% **FAT 39.91%** **CARBS 54.35%**

Properties

Glycemic Index:27.74, Glycemic Load:14.73, Inflammation Score:-3, Nutrition Score:6.4991304962693%

Nutrients (% of daily need)

Calories: 178.05kcal (8.9%), Fat: 8.33g (12.81%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 23.72g (8.63%), Sugar: 22.04g (24.49%), Cholesterol: 2.15mg (0.72%), Sodium: 39.92mg (1.74%), Alcohol: 0.14g (100%), Alcohol %: 0.42% (100%), Protein: 2.7g (5.39%), Copper: 0.62mg (30.87%), Manganese: 0.38mg (18.94%), Calcium: 147.33mg (14.73%), Magnesium: 52.99mg (13.25%), Iron: 2.23mg (12.38%), Phosphorus: 95.06mg (9.51%), Vitamin B1: 0.12mg (7.93%), Zinc: 1.19mg (7.9%), Selenium: 5.33µg (7.61%), Fiber: 1.8g (7.19%), Vitamin B6: 0.12mg (6.04%), Folate: 14.79µg (3.7%), Vitamin B3: 0.69mg (3.45%), Vitamin B2: 0.04mg (2.58%), Potassium: 75.91mg (2.17%)