



Sesame-Nut Crunch

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



912 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup firmly brown sugar packed
- 1.8 teaspoons cayenne
- 0.3 cup plus light
- 0.8 lb roasted peanuts salted hulled
- 2.5 oz roasted sunflower seed salted hulled
- 0.5 teaspoon salt
- 0.8 lb roasted cashews salted
- 3 tablespoons sesame seed

0.3 lb butter unsalted

Equipment

frying pan

aluminum foil

Directions

Butter a sheet of foil, about 12 by 17 inches.

In a nonstick 5- to 6-quart pan over medium heat, frequently stir 1/2 cup butter, brown sugar, corn syrup, cayenne, and salt until melted and smooth, about 5 minutes.

Add peanuts, cashews, sunflower seed, and sesame seed. Turn heat to high and stir until mixture is very thick and nuts begin to brown, 4 to 6 minutes.

Immediately pour mixture onto buttered foil, spreading as thinly as possible with back of a spoon. Cool until mixture is lukewarm, about 15 minutes.

With your hands, release brittle from foil, then pull or break it into bite-size pieces. When cool, immediately store airtight (otherwise, the coating absorbs moisture and gets sticky).

Nutrition Facts



PROTEIN 9.91% **FAT 61.95%** **CARBS 28.14%**

Properties

Glycemic Index:12.29, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:28.659565250511%

Nutrients (% of daily need)

Calories: 911.57kcal (45.58%), Fat: 66.51g (102.32%), Saturated Fat: 17.41g (108.84%), Carbohydrates: 67.97g (22.66%), Net Carbohydrates: 60.57g (22.03%), Sugar: 42.66g (47.4%), Cholesterol: 34.83mg (11.61%), Sodium: 780.45mg (33.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.86%), Manganese: 1.87mg (93.6%), Copper: 1.74mg (87.11%), Magnesium: 236.94mg (59.23%), Phosphorus: 569.71mg (56.97%), Vitamin B3: 8.6mg (42.98%), Vitamin E: 4.66mg (31.06%), Folate: 123.12µg (30.78%), Zinc: 4.58mg (30.51%), Fiber: 7.4g (29.59%), Iron: 5.22mg (29.02%), Selenium: 19.1µg (27.28%), Potassium: 772.58mg (22.07%), Vitamin B1: 0.32mg (21.36%), Vitamin B5: 2.03mg (20.32%), Vitamin B6: 0.38mg (19.09%), Vitamin K: 18.71µg (17.82%), Calcium: 145.11mg (14.51%), Vitamin A: 614.1IU (12.28%), Vitamin B2: 0.19mg (10.91%), Vitamin D: 0.24µg (1.62%)