



Soft Peanut Brittle



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



640 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.8 cups plus light
- ☐ 0.8 cup granulated sugar
- ☐ 6 servings peanut brittle soft
- ☐ 1 cup peanut butter
- ☐ 1 cups peanuts unsalted salted (I use)
- ☐ 0.5 teaspoon baking soda dissolved in 1 teaspoon water
- ☐ 0.8 teaspoon vanilla

☐ 2 tablespoons water

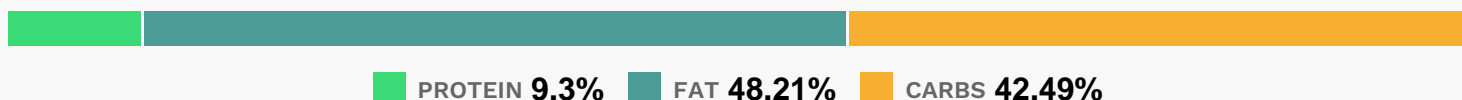
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ aluminum foil
- ☐ stove
- ☐ microwave
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Line a large rimmed baking sheet with non-stick foil or parchment paper. Dissolve baking soda in water and set next to the stove. In a microwave-safe bowl or Pyrex measuring cup, heat the peanut butter for 30 seconds or until it is soft and warm.
- ☐ Add the vanilla to the peanut butter.
- ☐ Combine the sugar, corn syrup and 2 tablespoons of water in a large saucepan. Cook over medium high heat until a candy thermometer reads 275F. Lower heat to slightly, add butter and and peanuts and stir constantly over medium until candy thermometer reads 300 degrees.
- ☐ Remove from heat. Quickly stir in baking soda mixture and softened peanut butter mixture.
- ☐ Pour candy onto prepared cookie sheet and spread as thinly as you can. If you have trouble spreading it, grab a second sheet of parchment paper or non-stick foil and press it down slightly. It should be no more than 1/2 inch thick, but preferably thinner.
- ☐ Sprinkle the finely chopped nuts over the top if desired.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:24.74, Inflammation Score:-5, Nutrition Score:14.107391439378%

Nutrients (% of daily need)

Calories: 640.3kcal (32.01%), Fat: 36.62g (56.34%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 72.63g (24.21%), Net Carbohydrates: 68.43g (24.88%), Sugar: 63.46g (70.51%), Cholesterol: 5.02mg (1.67%), Sodium: 228.21mg (9.92%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 15.89g (31.79%), Manganese: 1.17mg (58.29%), Vitamin B3: 9.39mg (46.93%), Vitamin E: 5.17mg (34.47%), Magnesium: 118.45mg (29.61%), Phosphorus: 238.57mg (23.86%), Fiber: 4.2g (16.81%), Folate: 63.05µg (15.76%), Vitamin B6: 0.31mg (15.4%), Copper: 0.3mg (14.83%), Zinc: 1.98mg (13.21%), Potassium: 406.47mg (11.61%), Vitamin B1: 0.13mg (8.56%), Vitamin B5: 0.82mg (8.16%), Vitamin B2: 0.14mg (8.08%), Iron: 1.18mg (6.56%), Selenium: 4.57µg (6.53%), Calcium: 42.82mg (4.28%), Vitamin A: 58.31IU (1.17%)