



Speckled Vanilla-Hazelnut Brittle



Vegetarian



Gluten Free

READY IN



36 min.

SERVINGS



7

CALORIES



506 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup banana chips dried
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup plus light
- ☐ 1.8 cups granulated sugar
- ☐ 1.5 cups hazelnuts with skins
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vanilla paste

☐ 0.5 cup water hot

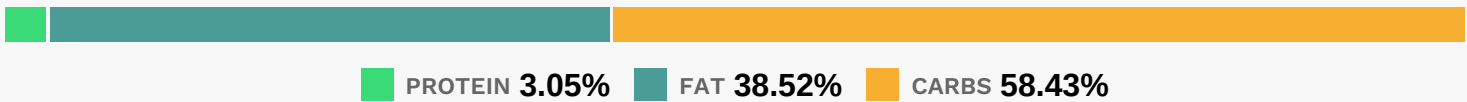
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ colander
- ☐ candy thermometer

Directions

- ☐ Spread hazelnuts in a single layer on a 15" x 10" jelly-roll pan.
- ☐ Bake at 350 for 5 to 10 minutes or until skins begin to split.
- ☐ Transfer warm nuts to a colander; using a towel, rub briskly to remove skins. Coarsely chop nuts.
- ☐ Cook sugar and next 3 ingredients in a large heavy saucepan over medium heat, stirring constantly, until mixture starts to boil. Boil without stirring until a candy thermometer registers 29
- ☐ Carefully stir in nuts using a clean spoon.
- ☐ Remove from heat, and stir in banana chips and remaining ingredients. (Baking soda will cause candy to foam.) When foaming subsides, quickly pour candy onto a buttered baking sheet.
- ☐ Pour as thinly as possible without spreading. After 2 to 3 minutes, use 2 buttered forks to stretch and pull brittle as fast as possible before brittle starts to break. Cool completely, and break into irregular size pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:38.73, Inflammation Score:-3, Nutrition Score:10.21739121818%

Flavonoids

Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg

Nutrients (% of daily need)

Calories: 506.02kcal (25.3%), Fat: 22.75g (35%), Saturated Fat: 5.99g (37.45%), Carbohydrates: 77.64g (25.88%), Net Carbohydrates: 74.67g (27.15%), Sugar: 73.15g (81.28%), Cholesterol: 12.9mg (4.3%), Sodium: 216.62mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Manganese: 1.68mg (84.24%), Vitamin E: 4.01mg (26.74%), Copper: 0.46mg (23.05%), Vitamin B1: 0.19mg (12.34%), Fiber: 2.96g (11.85%), Magnesium: 47.06mg (11.77%), Vitamin B6: 0.16mg (8.04%), Phosphorus: 79.41mg (7.94%), Folate: 30.09µg (7.52%), Iron: 1.31mg (7.29%), Potassium: 210.1mg (6%), Zinc: 0.8mg (5.3%), Vitamin K: 4.15µg (3.95%), Calcium: 36.07mg (3.61%), Vitamin A: 160.12IU (3.2%), Vitamin B5: 0.28mg (2.8%), Vitamin B3: 0.51mg (2.54%), Vitamin B2: 0.04mg (2.45%), Vitamin C: 2mg (2.43%), Selenium: 1.24µg (1.77%)