



Spiced Piñon Brittle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.8 cup pinenuts hot shelled for fudge piñon sauce, at far left (see Notes)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar

Equipment

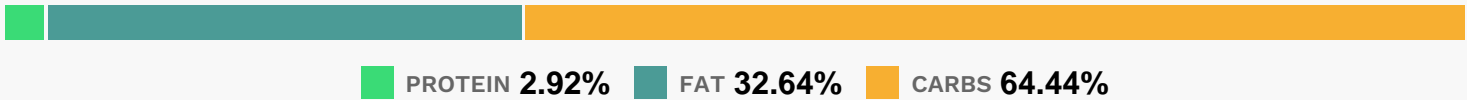
- ☐ frying pan
- ☐ baking sheet

☐ baking paper

Directions

- ☐ Line a baking sheet with parchment paper and grease paper well.
- ☐ In a small frying pan over low heat, toast nuts until they turn light golden brown, 7 to 10 minutes.
- ☐ In a nonstick frying pan over medium heat, combine sugar, chili powder, cloves, and salt. Cook, stirring constantly, until mixture is smooth and dark brown. If mixture is darkening too quickly, remove from heat, stir well, then return to heat. When sugar is entirely melted, stir in nuts.
- ☐ Quickly pour mixture onto parchment paper and spread 1/8 to 1/4 in. thick.
- ☐ Let cool until hard, then break into pieces.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:3.6913043552119%

Nutrients (% of daily need)

Calories: 153.73kcal (7.69%), Fat: 5.89g (9.06%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 25.74g (9.36%), Sugar: 25.27g (28.07%), Cholesterol: 0mg (0%), Sodium: 100.28mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Manganese: 0.8mg (39.84%), Copper: 0.12mg (5.76%), Vitamin E: 0.86mg (5.72%), Magnesium: 21.64mg (5.41%), Phosphorus: 49.1mg (4.91%), Vitamin K: 4.84µg (4.61%), Zinc: 0.56mg (3.71%), Iron: 0.52mg (2.88%), Vitamin B1: 0.03mg (2.08%), Vitamin B3: 0.39mg (1.96%), Fiber: 0.4g (1.59%), Potassium: 54.99mg (1.57%), Vitamin B2: 0.03mg (1.51%), Vitamin A: 52IU (1.04%)