



Spicy Pumpkin Seed-Pecan Brittle

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1080 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 8 tablespoons butter unsalted diced (1 stick)
- 0.3 teaspoon ground pepper
- 0.5 teaspoon cinnamon
- 0.3 cup plus light
- 2 cups granulated sugar
- 1.5 cups pecans toasted
- 1.8 cups pumpkin seeds toasted

- 1.5 teaspoons fleur del sel such as fleur de sel
- 0.5 cup water

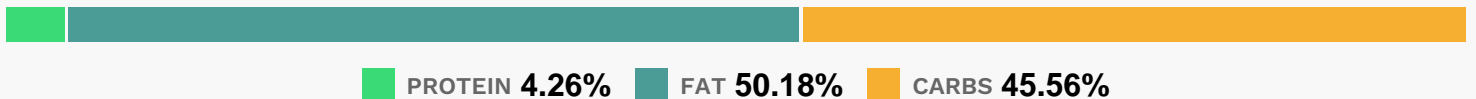
Equipment

- baking sheet
- baking paper
- pot
- kitchen thermometer
- candy thermometer

Directions

- Line a baking sheet with parchment paper. Set aside.
- Combine the sugar, water, butter, and corn syrup in a medium-sized pot and bring to a boil over medium-high heat. Cook, stirring occasionally, until the mixture is a rich amber color and a candy thermometer registers 300°F, up to 20 minutes.
- When the thermometer hits 300°F, immediately remove pot from heat and stir in the cinnamon, cayenne, and baking soda. The mixture will bubble and foam vigorously. Stir in pumpkin seeds and pecans. Immediately scrape brittle onto parchment-lined baking sheet, spreading it out as much as possible with back of spoon.
- Sprinkle salt over hot brittle. Using clean fingertips, gently press salt crystals into brittle.
- Allow brittle to cool completely, about two hours, then break into large shards. Brittle will keep for up to three weeks stored in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:74.26, Inflammation Score:-8, Nutrition Score:18.587825974692%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg

Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg, Epigallocatechin: 2.09mg
Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate:
0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate:
0.85mg

Nutrients (% of daily need)

Calories: 1080.25kcal (54.01%), Fat: 63.58g (97.81%), Saturated Fat: 19.11g (119.42%), Carbohydrates: 129.87g
(43.29%), Net Carbohydrates: 124.46g (45.26%), Sugar: 123.53g (137.25%), Cholesterol: 60.2mg (20.07%), Sodium:
1034.05mg (44.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.26%), Manganese: 3mg
(149.81%), Magnesium: 212.18mg (53.05%), Phosphorus: 455.32mg (45.53%), Copper: 0.84mg (41.99%), Zinc:
4.04mg (26.94%), Vitamin B1: 0.34mg (22.67%), Fiber: 5.41g (21.64%), Iron: 3.5mg (19.46%), Vitamin A: 777.74IU
(15.55%), Vitamin E: 1.82mg (12.15%), Potassium: 391.51mg (11.19%), Vitamin B3: 1.86mg (9.28%), Selenium: 5.14µg
(7.35%), Vitamin B2: 0.12mg (7.11%), Folate: 25.4µg (6.35%), Vitamin B6: 0.12mg (6.12%), Vitamin B5: 0.56mg
(5.62%), Calcium: 54.4mg (5.44%), Vitamin K: 5.48µg (5.22%), Vitamin D: 0.42µg (2.8%), Vitamin C: 1.05mg (1.27%)