

Sugar Peanuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



10

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups peanuts raw
- 1 cup sugar
- 0.5 cup water

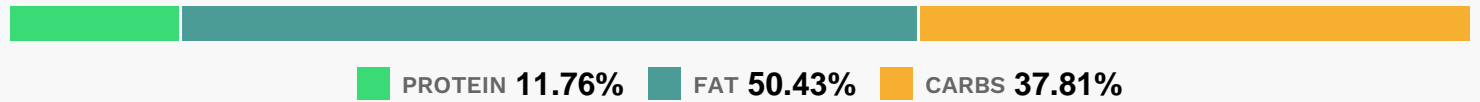
Equipment

- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a saucepan over medium heat, combine sugar and water. Bring to a boil, and stir until sugar is dissolved.
- Add peanuts, and cook stirring, over medium heat until peanuts are evenly coated, and no syrup is left in pan.
- Spread nuts out on a baking sheet.
- Bake in preheated oven for 20 minutes, stirring every 5 minutes to evenly roast peanuts.

Nutrition Facts



Properties

Glycemic Index:8.43, Glycemic Load:14.23, Inflammation Score:-3, Nutrition Score:7.7326088366301%

Nutrients (% of daily need)

Calories: 243.44kcal (12.17%), Fat: 14.55g (22.38%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 21.77g (7.91%), Sugar: 19.96g (22.18%), Cholesterol: 0mg (0%), Sodium: 7.22mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Manganese: 0.77mg (38.58%), Vitamin B3: 4.65mg (23.25%), Folate: 70.08µg (17.52%), Magnesium: 55.01mg (13.75%), Copper: 0.27mg (13.3%), Vitamin B1: 0.2mg (13.14%), Phosphorus: 113.3mg (11.33%), Fiber: 2.77g (11.1%), Iron: 1.15mg (6.4%), Potassium: 217.65mg (6.22%), Vitamin B5: 0.52mg (5.17%), Vitamin B6: 0.1mg (5.08%), Zinc: 0.62mg (4.15%), Selenium: 2.22µg (3.17%), Calcium: 31.51mg (3.15%), Vitamin B2: 0.04mg (2.54%)