



## Sweet Peanut Brittle

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



81 kcal

DESSERT

### Ingredients

- 1 tsp baking soda
- 1 Tbsp butter
- 0.5 cup plus light
- 0.3 cup creamy peanut butter
- 2 cups planters cocktail peanuts
- 4 oz baker's semi-sweet chocolate
- 1 cup sugar
- 1 tsp vanilla

## Equipment

- bowl
- baking sheet
- aluminum foil
- microwave
- measuring cup

## Directions

- Spray large baking sheet with cooking spray. Microwave sugar and corn syrup in large glass microwaveable bowl on HIGH 5 min. Stir in butter and peanuts. Microwave 3 to 4 min. or until pale golden brown. Stir in baking soda and vanilla. (
- Mixture will foam.)
- Spread onto prepared baking sheet. Cool completely. Break into pieces.
- Microwave chocolate in 1-cup glass measuring cup on HIGH 1 to 2 min. or until chocolate is melted when stirred.
- Add peanut butter; stir until melted. Dip half of each candy piece in chocolate mixture; scrape bottom against edge of cup to remove excess chocolate.
- Place on sheet of foil or waxed paper. Refrigerate 20 min. or until chocolate is firm.

## Nutrition Facts

 **PROTEIN 9.11%**  **FAT 48.94%**  **CARBS 41.95%**

## Properties

Glycemic Index:3.35, Glycemic Load:3.37, Inflammation Score:-1, Nutrition Score:2.162608716151%

## Nutrients (% of daily need)

Calories: 81.45kcal (4.07%), Fat: 4.67g (7.19%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.22g (2.99%), Sugar: 7.59g (8.43%), Cholesterol: 0.75mg (0.25%), Sodium: 36.2mg (1.57%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 1.96g (3.92%), Manganese: 0.2mg (10.17%), Vitamin B3: 1.12mg (5.61%), Copper: 0.09mg (4.33%), Magnesium: 17.2mg (4.3%), Folate: 15.13µg (3.78%), Phosphorus: 33mg (3.3%), Fiber: 0.8g (3.19%), Vitamin B1: 0.04mg (2.93%), Iron: 0.4mg (2.2%), Potassium: 63.89mg (1.83%), Zinc:

0.23mg (1.55%), Vitamin B6: 0.03mg (1.34%), Vitamin B5: 0.12mg (1.24%), Selenium: 0.71 $\mu$ g (1.02%)