

Thai Cashew Brittle



Vegetarian



Gluten Free

READY IN



155 min.

SERVINGS



24

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon chili paste depending on your taste pref (sambal oelek)
- ☐ 1 cup plus
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 teaspoon lemon grass fresh grated
- ☐ 1 cup roasted cashews salted coarsely chopped
- ☐ 2 cups sugar

☐ 0.5 cup water

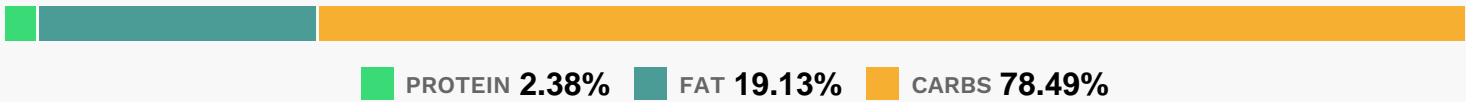
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ candy thermometer

Directions

- ☐ Line a baking sheet with parchment paper; lightly coat with cooking spray.
- ☐ Combine sugar, corn syrup, and 1/2 cup water in a medium heavy saucepan over medium-high heat, stirring just until combined; bring to a boil. Cook, without stirring, until a candy thermometer reaches 33
- ☐ Remove from heat; stir in cashews and remaining ingredients (mixture will bubble). Quickly pour mixture onto prepared pan, spreading evenly. Cool completely (about 2 hours); break into pieces.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:13.71, Inflammation Score:-1, Nutrition Score:1.3839130169995%

Nutrients (% of daily need)

Calories: 142.13kcal (7.11%), Fat: 3.21g (4.93%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 29.42g (10.7%), Sugar: 27.89g (30.99%), Cholesterol: 1.25mg (0.42%), Sodium: 59.63mg (2.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Copper: 0.13mg (6.49%), Magnesium: 15.19mg (3.8%), Phosphorus: 28.53mg (2.85%), Zinc: 0.39mg (2.58%), Manganese: 0.05mg (2.51%), Iron: 0.36mg (2%), Vitamin K: 2.03µg (1.93%), Vitamin B1: 0.02mg (1.37%), Selenium: 0.88µg (1.26%), Potassium: 35.98mg (1.03%), Folate: 4.06µg (1.02%)