



Two Minute Peanut Brittle



Vegetarian



Gluten Free



Low Fod Map

READY IN



4 min.

SERVINGS



12

CALORIES



150 kcal

DESSERT

Ingredients

- 24 individually wrapped caramels
- 1 cup roasted peanuts unsalted dry

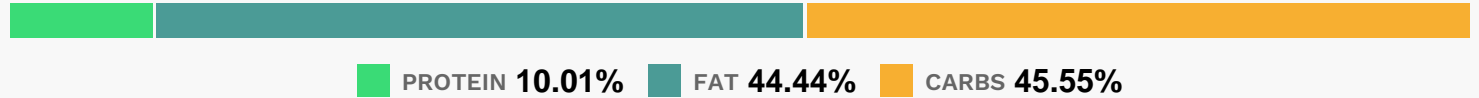
Equipment

- bowl
- baking sheet
- microwave

Directions

- Coat a cookie sheet with nonstick cooking spray. Set aside.
- Place the caramels in a bowl, and heat in the microwave for about 2 minutes, or until melted and bubbly. Some microwaves may take longer. Stir in the peanuts, and pour out onto the prepared baking sheet. Press as thinly as you can. Cool completely, then break into pieces.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:10.01, Inflammation Score:-1, Nutrition Score:3.4334782462405%

Nutrients (% of daily need)

Calories: 149.77kcal (7.49%), Fat: 7.83g (12.05%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.01g (6.19%), Sugar: 13.71g (15.24%), Cholesterol: 1.4mg (0.47%), Sodium: 100.25mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Manganese: 0.26mg (13.13%), Vitamin B3: 1.83mg (9.15%), Phosphorus: 68.18mg (6.82%), Magnesium: 25.65mg (6.41%), Vitamin E: 0.71mg (4.72%), Vitamin B2: 0.08mg (4.46%), Fiber: 1.05g (4.2%), Potassium: 122.05mg (3.49%), Calcium: 34.85mg (3.48%), Vitamin B6: 0.07mg (3.47%), Folate: 12.93µg (3.23%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.43mg (2.9%), Copper: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.64%), Selenium: 1.52µg (2.17%), Iron: 0.23mg (1.25%)