



Walnut Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 tablespoon butter
- ☐ 1 cup light-colored corn syrup
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups walnuts coarsely chopped
- ☐ 0.5 cup water

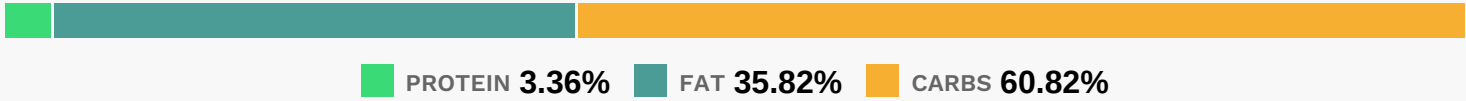
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ wooden spoon
- ☐ candy thermometer

Directions

- ☐ Line a jelly-roll pan with parchment paper, and coat paper lightly with cooking spray.
- ☐ Combine sugar, light-colored corn syrup, 1/2 cup water, and butter in a heavy saucepan. Cook over medium heat, stirring until sugar dissolves. Cook 20 minutes or until a candy thermometer registers 27
- ☐ Stir in walnuts; cook 2 minutes or until candy thermometer registers 295, stirring constantly.
- ☐ Remove from heat; stir in baking soda and vanilla (mixture will bubble). Quickly pour mixture onto prepared pan; spread to 1/4-inch thickness using a wooden spoon coated with cooking spray. Cool completely; using a wooden spoon, break brittle into bite-sized pieces.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:7.99, Inflammation Score:-1, Nutrition Score:1.75304349852%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 124.78kcal (6.24%), Fat: 5.3g (8.15%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 19.75g (7.18%), Sugar: 19.44g (21.6%), Cholesterol: 1.25mg (0.42%), Sodium: 81.45mg (3.54%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 1.12g (2.23%), Manganese: 0.25mg (12.52%), Copper: 0.12mg (5.89%), Magnesium: 11.78mg (2.94%), Phosphorus: 25.45mg (2.55%), Vitamin B1: 0.03mg (2.22%), Vitamin B6: 0.04mg (1.97%), Fiber: 0.49g (1.96%), Zinc: 0.29mg (1.94%), Folate: 7.18µg (1.8%), Iron: 0.22mg (1.21%)