

Chocolate brazils

From the sweeties.net wiki

Chocolate brazils are Brazil nuts coated in milk or dark chocolate. They are made in much the same way as chocolate peanuts and raisins, by tumbling the nuts in a rotating pan while chocolate is added a little at a time: see [how are chocolate raisins made?](#)

What is in them

Paynes Milk Chocolate Brazils, as recorded by Open Food Facts in September 2026. Milk chocolate (74 per cent, made from sugar, cocoa butter, skimmed milk powder, cocoa mass, whey powder, lactose, butteroil, soya lecithin and flavourings), Brazil nuts (24 per cent), gum arabic and shellac as glazing agents, glucose syrup, sugar and coconut oil. The label warns that they may contain traces of peanuts and other nuts, and that they are not recommended for children under 3.

A nut from the wild

The Brazil nut tree, *Bertholletia excelsa*, grows up to 50 metres tall and is among the largest and longest lived trees in the Amazon rainforest. It fruits almost only in untouched forest, because its flowers can be pollinated only by certain large bees that disturbed forests lack. Plantations have been tried, but they are not economically viable, so the nuts are gathered from the wild. In 2024 the world produced 79,736 tonnes, and Brazil and Bolivia together grew 87 per cent of it.

Selenium and radium

Brazil nuts are unusually rich in selenium: a 28 g serving, about 6 to 8 nuts, holds on average around 544 micrograms, about ten times the United States daily value of 55 micrograms, though the amount varies a great deal between batches. They may also contain traces of radium, between 40 and 260 becquerels a kilogram, because the tree's large root system can concentrate natural radioactivity from the soil. It is a small dose, but more than in common foods.

The Brazil nut effect

Shake a tin of mixed nuts and the Brazil nuts end up on top. Scientists call it the Brazil nut effect, or granular convection: in a shaken mix of different sized pieces, the largest rise to the surface. The same can happen in a shaken jar of mixed sweets: see [how to guess the number of sweets in a jar](#)

Allergy and diet points

- **Tree nuts.** Brazil nuts are tree nuts, so these are unsafe for anyone with a tree nut allergy, and the recipe here also carries a peanut warning: see [which sweets contain nuts?](#)
- **Milk and soya.** The milk chocolate contains milk and soya lecithin: see [milk in sweets](#)
- **Shellac.** The recipe is glazed with shellac, so it is not vegan: see [what is shellac on sweets?](#)

In our pick and mix

We do not sell chocolate brazils. Our pick and mix does include [SW041](#); the card opens up to show the full ingredients and allergy advice for the ones we stock.

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