



## Almond Caramel Corn

 **Gluten Free**  **Dairy Free**

READY IN



110 min.

SERVINGS



30

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 cups popped popcorn
- 3 cups almonds whole
- 1 cup brown sugar packed
- 0.5 cup butter
- 0.3 cup plus light
- 0.5 teaspoon salt
- 0.5 teaspoon baking soda

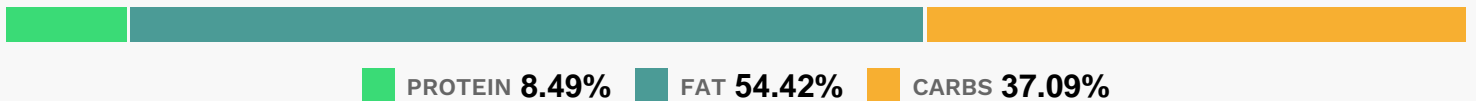
### Equipment

- sauce pan
- baking paper
- oven
- roasting pan
- aluminum foil

## Directions

- Heat oven to 200°.
- Place popcorn and almonds in very large roasting pan or divide popcorn mixture between 2 ungreased rectangular pans, 13x9x2 inches.
- Heat brown sugar, butter, corn syrup and salt in 2-quart saucepan over medium heat, stirring occasionally, until bubbly around edges. Continue cooking 5 minutes without stirring; remove from heat. Stir in baking soda until foamy.
- Pour sugar mixture over popcorn; toss until evenly coated.
- Bake 1 hour, stirring every 15 minutes.
- Spread on aluminum foil or cooking parchment paper. Cool completely, about 30 minutes. Store tightly covered.

## Nutrition Facts



## Properties

Glycemic Index:3.18, Glycemic Load:2.4, Inflammation Score:-3, Nutrition Score:5.3200000211111%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 162.94kcal (8.15%), Fat: 10.39g (15.98%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 13.5g (4.91%), Sugar: 9.96g (11.06%), Cholesterol: 0mg (0%), Sodium: 96.99mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin E: 3.79mg (25.27%), Manganese: 0.38mg (19.03%), Magnesium: 45.75mg (11.44%), Vitamin B2: 0.17mg (9.89%), Fiber: 2.43g (9.7%), Phosphorus: 85.7mg (8.57%), Copper: 0.16mg (8.11%), Calcium: 46.39mg (4.64%), Iron: 0.72mg (4.02%), Zinc: 0.6mg (3.98%), Potassium: 130.67mg (3.73%), Vitamin B3: 0.63mg (3.14%), Vitamin A: 144.1IU (2.88%), Vitamin B1: 0.04mg (2.4%), Folate: 7.77µg (1.94%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.1mg (1.02%)