



## Almond Toffee Double Chocolate Popcorn

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

READY IN



**15 min.**

SERVINGS



**8**

CALORIES



**360 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup almonds sliced
- 1 package butter-flavored microwave popcorn
- 1 cup semi chocolate chips sweet
- 0.3 cup toffee chips
- 1 cup chocolate chips white

### Equipment

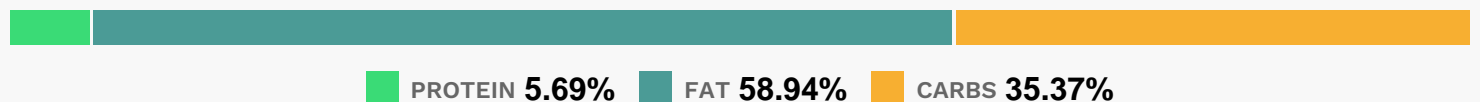
- bowl
- baking paper

- ramekin
- microwave

## Directions

- Cook popcorn in microwave until popped.
- Transfer to a large sheet of parchment paper.
- Remove any kernels that might be left in the bag.
- Place white chips into a medium heat proof bowl. Ramekins work great.
- Heat in 30 second intervals until melted.
- Add 1/2 teaspoon canola oil and stir until chocolate is smooth.
- Place melted chips into a ziploc bag and snip one corner.
- Drizzle over popcorn.
- Sprinkle Fisher Almonds over chocolate, then with a spoon, gently stir to coat chocolate and almonds.
- Sprinkle half of toffee bits over coated popcorn and almonds.
- Place chocolate chips into a medium heat proof bowl as well.
- Heat in 30 second intervals until melted.
- Add 1/2 teaspoon canola oil and stir until smoothed.
- Place melted chocolate into a separate ziploc bag and snip a corner.
- Drizzle evenly over popcorn.
- Sprinkle with remaining toffee bits and add additional almonds if desired.
- Let chocolate set up for about 2 hours then serve.

## Nutrition Facts



## Properties

Glycemic Index:24.47, Glycemic Load:11.87, Inflammation Score:-3, Nutrition Score:8.4000001484933%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 360.21kcal (18.01%), Fat: 24.04g (36.99%), Saturated Fat: 11.3g (70.61%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 29.16g (10.6%), Sugar: 26.73g (29.7%), Cholesterol: 13.76mg (4.59%), Sodium: 33.55mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.35mg (6.45%), Protein: 5.23g (10.45%), Manganese: 0.56mg (28.19%), Vitamin E: 3.37mg (22.44%), Copper: 0.41mg (20.66%), Magnesium: 73.78mg (18.44%), Phosphorus: 156.1mg (15.61%), Fiber: 3.3g (13.18%), Vitamin B2: 0.21mg (12.39%), Iron: 1.91mg (10.6%), Calcium: 92.2mg (9.22%), Potassium: 280.53mg (8.02%), Zinc: 1.13mg (7.55%), Selenium: 3.44µg (4.92%), Vitamin B3: 0.78mg (3.88%), Vitamin K: 3.88µg (3.7%), Vitamin B1: 0.05mg (3.04%), Vitamin B12: 0.17µg (2.91%), Vitamin B5: 0.27mg (2.68%), Vitamin A: 103.51IU (2.07%), Vitamin B6: 0.04mg (1.85%), Folate: 6.8µg (1.7%)