



Almond Toffee Popcorn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds toasted chopped
- ☐ 0.5 cup butter
- ☐ 0.5 cup plus light
- ☐ 12 cups popped popcorn
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water

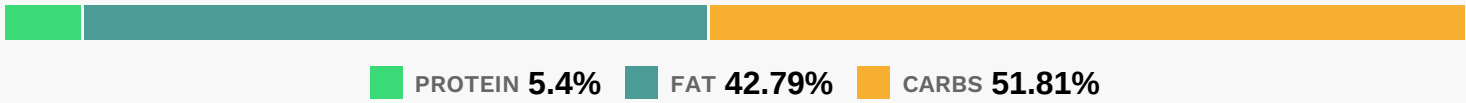
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wax paper
- ☐ candy thermometer

Directions

- ☐ Place popcorn in a large heat-proof bowl; remove any unpopped kernels and set aside. In a large saucepan, combine remaining ingredients except vanilla. Cook over medium-high heat, stirring occasionally, until mixture reaches the soft-crack stage, or 270 to 289 degrees on a candy thermometer.
- ☐ Remove from heat; add vanilla and stir well.
- ☐ Pour over popcorn, mixing until coated.
- ☐ Spread on wax paper to dry.

Nutrition Facts



Properties

Glycemic Index:17.95, Glycemic Load:18.45, Inflammation Score:-4, Nutrition Score:5.5939130847869%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg 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: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 284.24kcal (14.21%), Fat: 14.2g (21.84%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 35.6g (12.94%), Sugar: 28.19g (31.32%), Cholesterol: 20.34mg (6.78%), Sodium: 71.05mg (3.09%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 4.03g (8.06%), Vitamin E: 3.3mg (22.01%), Manganese: 0.4mg (19.79%), Fiber: 3.08g (12.34%), Magnesium: 48.42mg (12.1%), Phosphorus: 98.98mg (9.9%), Vitamin B2: 0.15mg (8.91%), Copper: 0.15mg (7.68%), Zinc: 0.78mg (5.23%), Vitamin A: 258.04IU (5.16%), Iron:

0.8mg (4.46%), Calcium: 37.28mg (3.73%), Potassium: 126.53mg (3.62%), Vitamin B3: 0.69mg (3.45%), Vitamin B1: 0.04mg (2.98%), Folate: 8.94µg (2.23%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.12mg (1.22%), Selenium: 0.78µg (1.12%)