



Bacon-Caramel Corn

 Gluten Free

READY IN



55 min.

SERVINGS



26

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer butcher hickory bacon smoked thick cut cooked chopped
- 11 oz caramels kraft
- 3 Tbsp milk
- 0.5 cup planters cocktail peanuts chopped
- 12 cups popped popcorn

Equipment

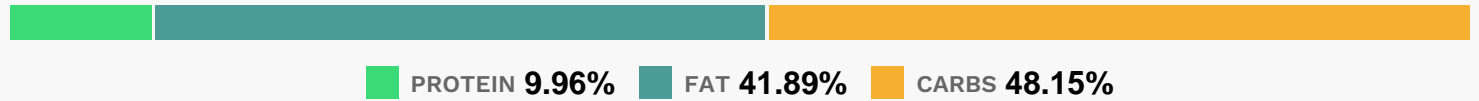
- bowl
- baking sheet

- oven
- microwave

Directions

- Heat oven to 250F.
- Spread popcorn onto 2 rimmed baking sheets sprayed with cooking spray; sprinkle with bacon and nuts.
- Microwave caramels and milk in microwaveable bowl on HIGH 3 min. or until caramels are melted and sauce is well blended, stirring every minute.
- Drizzle over popcorn.
- Bake 45 min., stirring every 15 min.
- Remove from oven; stir. Cool completely in pans, stirring occasionally to break up large pieces.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:8.19, Inflammation Score:-1, Nutrition Score:2.3265217644689%

Nutrients (% of daily need)

Calories: 110.73kcal (5.54%), Fat: 5.34g (8.21%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 12.8g (4.65%), Sugar: 7.98g (8.87%), Cholesterol: 5.51mg (1.84%), Sodium: 75.88mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Manganese: 0.13mg (6.64%), Phosphorus: 54.24mg (5.42%), Vitamin B3: 0.86mg (4.28%), Fiber: 1g (4.01%), Magnesium: 15.65mg (3.91%), Vitamin B1: 0.06mg (3.75%), Vitamin B2: 0.05mg (2.74%), Selenium: 1.81µg (2.59%), Zinc: 0.36mg (2.37%), Potassium: 79.26mg (2.26%), Calcium: 22.35mg (2.24%), Folate: 8.79µg (2.2%), Vitamin B6: 0.04mg (2.18%), Copper: 0.04mg (2.18%), Vitamin B5: 0.19mg (1.94%), Iron: 0.32mg (1.76%), Vitamin B12: 0.08µg (1.32%)