



## Basic Popcorn Balls

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

DESSERT

### Ingredients

- 0.3 cup plus light
- 1 cup granulated sugar
- 1 teaspoon kosher salt
- 9 cups popped popcorn plain
- 4 tablespoons butter unsalted cut into small pieces ()
- 0.5 teaspoon vanilla extract
- 0.3 cup water
- 1 teaspoon vinegar white

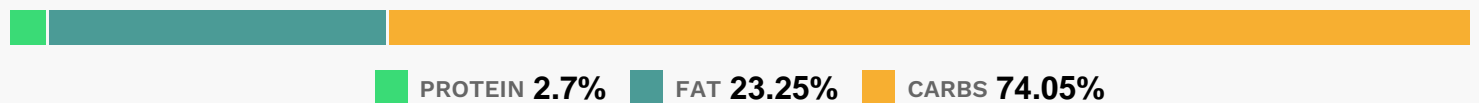
# Equipment

- bowl
- sauce pan
- baking paper
- kitchen thermometer
- spatula

# Directions

- Coat a large heatproof bowl with butter, vegetable oil, or cooking spray and place popcorn in the bowl.
- Place sugar, corn syrup, water, vinegar, and salt in a medium saucepan and stir to combine.
- Place over high heat, stirring until sugar is dissolved, about 2 minutes. Bring to a boil and cook until mixture registers 260°F on a candy/fat thermometer, about 5 to 7 minutes.
- Remove from heat and stir in butter and vanilla until melted and smooth. Immediately drizzle sugar mixture over popcorn and stir continuously with a rubber spatula, scraping the bottom of the bowl, until popcorn is thoroughly coated and cool enough to handle, about 3 minutes. Using buttered or oiled hands, tightly press mixture (it may still be a bit warm) into 3-inch rounds.
- Place on waxed or parchment paper to cool completely, about 15 to 20 minutes.

# Nutrition Facts



# Properties

Glycemic Index:34.24, Glycemic Load:32.97, Inflammation Score:-2, Nutrition Score:2.6795651860859%

# Nutrients (% of daily need)

Calories: 313.83kcal (15.69%), Fat: 8.46g (13.02%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 58.26g (21.18%), Sugar: 48.01g (53.34%), Cholesterol: 20.07mg (6.69%), Sodium: 402.71mg (17.51%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 2.21g (4.43%), Fiber: 2.39g (9.57%), Manganese: 0.19mg (9.38%), Phosphorus: 61.36mg (6.14%), Magnesium: 24.33mg (6.08%), Vitamin A: 265.58IU (5.31%), Zinc: 0.61mg (4.04%), Iron: 0.55mg (3.05%), Copper: 0.05mg (2.49%), Vitamin B3: 0.39mg (1.93%), Vitamin

B1: 0.03mg (1.92%), Vitamin E: 0.26mg (1.76%), Potassium: 57.97mg (1.66%), Vitamin B2: 0.02mg (1.38%), Folate: 5.39µg (1.35%), Vitamin B6: 0.03mg (1.31%)