



HEALTH SCORE

53%

Best Ever Popcorn Balls



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



1045 kcal

DESSERT

Ingredients

- ☐ 2.6 cups confectioners' sugar
- ☐ 0.8 cup plus light
- ☐ 0.3 cup butter
- ☐ 1 cup marshmallows
- ☐ 5 quarts popped popcorn plain
- ☐ 2 teaspoons water cold

Equipment

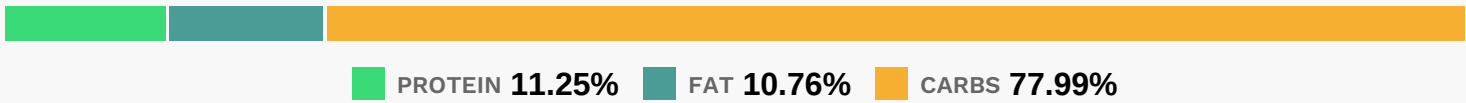
- ☐ sauce pan

☐ plastic wrap

Directions

- ☐ In a saucepan over medium heat, combine the corn syrup, margarine, cold water, confectioners' sugar and marshmallows.
- ☐ Heat and stir until the mixture comes to a boil. Carefully combine the hot mixture with the popcorn, coating each kernel.
- ☐ Grease hands with vegetable shortening and quickly shape the coated popcorn into balls before it cools. Wrap with cellophane or plastic wrap and store at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:103.21, Inflammation Score:-9, Nutrition Score:27.876086977432%

Nutrients (% of daily need)

Calories: 1045.38kcal (52.27%), Fat: 13.06g (20.09%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 212.92g (70.97%), Net Carbohydrates: 178.61g (64.95%), Sugar: 29.44g (32.71%), Cholesterol: 0mg (0%), Sodium: 56.95mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.71g (61.42%), Fiber: 34.31g (137.24%), Manganese: 2.63mg (131.71%), Magnesium: 340.98mg (85.25%), Phosphorus: 847.94mg (84.79%), Zinc: 7.35mg (48.98%), Iron: 7.57mg (42.03%), Copper: 0.62mg (31.23%), Vitamin B3: 5.46mg (27.32%), Potassium: 780.2mg (22.29%), Vitamin B6: 0.37mg (18.59%), Folate: 73.41µg (18.35%), Vitamin B1: 0.25mg (16.93%), Vitamin B5: 1.21mg (12.09%), Vitamin B2: 0.2mg (11.79%), Vitamin A: 565.21IU (11.3%), Vitamin E: 0.77mg (5.16%), Vitamin K: 2.84µg (2.7%), Calcium: 19.36mg (1.94%)