



Bite-size Honey Popcorn Balls

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



1

CALORIES



4197 kcal

DESSERT

Ingredients

- ☐ 1.3 cups butter plus more for your hands cut into chunks,
- ☐ 1.3 cups honey
- ☐ 20 cups popped popcorn (from)
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

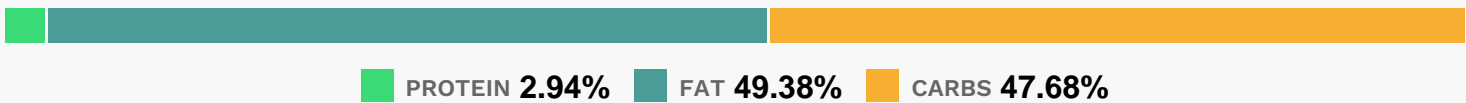
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Preheat oven to 32
- ☐ Put popcorn in a large roasting pan. Line a large baking sheet with waxed paper.
- ☐ In a medium saucepan over medium heat, use a heatproof spatula or wooden spoon to stir together 1 1/4 cups butter, the honey, and salt until butter is melted. Increase heat and boil honey mixture gently 1 minute, stirring constantly. Stir in vanilla.
- ☐ Carefully pour honey mixture over popcorn in roasting pan and stir gently to coat.
- ☐ Bake popcorn, stirring every 5 minutes, until deep golden all over, about 25 minutes.
- ☐ Let popcorn stand 5 minutes, or just until cool enough to handle. Working quickly with lightly buttered hands, press small handfuls of the mixture into 1 1/2-in. balls, occasionally loosening popcorn from bottom of pan with a spatula. If mixture cools too much to be malleable, return it to oven for about 45 seconds to soften.
- ☐ Put popcorn balls on prepared baking sheet and let cool completely. Store in an airtight container at room temperature for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:168.61, Glycemic Load:274.68, Inflammation Score:-10, Nutrition Score:37.904347595961%

Nutrients (% of daily need)

Calories: 4197.13kcal (209.86%), Fat: 240.11g (369.41%), Saturated Fat: 147.1g (919.39%), Carbohydrates: 521.73g (173.91%), Net Carbohydrates: 488.98g (177.81%), Sugar: 350.99g (389.99%), Cholesterol: 610.06mg (203.35%), Sodium: 3603.89mg (156.69%), Alcohol: 2.75g (100%), Alcohol %: 0.37% (100%), Protein: 32.16g (64.31%), Vitamin A: 7522.11IU (150.44%), Manganese: 2.81mg (140.52%), Fiber: 32.75g (130.99%), Phosphorus: 873.13mg (87.31%),

Magnesium: 331.95mg (82.99%), Zinc: 7.98mg (53.18%), Iron: 8.88mg (49.33%), Vitamin E: 7.22mg (48.14%),
Copper: 0.74mg (36.8%), Potassium: 1024.45mg (29.27%), Vitamin B3: 5.74mg (28.72%), Vitamin B2: 0.45mg
(26.34%), Vitamin B6: 0.46mg (22.88%), Vitamin K: 22.5µg (21.43%), Folate: 85.19µg (21.3%), Vitamin B5: 1.73mg
(17.25%), Vitamin B1: 0.24mg (16.26%), Calcium: 110.89mg (11.09%), Selenium: 6.23µg (8.9%), Vitamin B12: 0.48µg
(8.04%), Vitamin C: 2.12mg (2.57%)