



Brown Ale Caramel Corn

 Vegetarian

READY IN



115 min.

SERVINGS



16

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 cups popped popcorn
- 1 cup pretzel twists
- 0.5 cup fruit cocktail salted
- 0.5 cup ale
- 0.3 cup brown sugar packed
- 0.3 cup karo syrup
- 3 tablespoons butter
- 0.3 teaspoon salt

Equipment

- bowl
- sauce pan
- oven
- aluminum foil
- measuring cup

Directions

- Heat oven to 300°F. Line two 15x10x1-inch pans with foil. Spray foil with cooking spray.
- In large bowl, place popcorn, pretzels and peanuts; set aside.
- In 2-quart saucepan, heat ale over medium heat, stirring frequently, until reduced to 1/4 cup, about 6 minutes.
- Pour into glass liquid measuring cup to confirm measure.
- Add back to saucepan. Stir in brown sugar, syrup and butter. Cook over medium heat until bubbly around edges, stirring occasionally.
- Reduce heat to medium-low; cook about 5 minutes longer, stirring occasionally, until thickened and syrupy.
- Remove from heat; carefully stir in salt.
- Pour over popcorn mixture in bowl; toss until evenly coated.
- Spread popcorn mixture in pans.
- Bake 20 minutes, stirring every 5 minutes, to caramelize mixture. Cool completely, about 1 hour. Break into pieces. Store in airtight container.

Nutrition Facts



PROTEIN 5.47% **FAT 25.35%** **CARBS 69.18%**

Properties

Glycemic Index:18.43, Glycemic Load:4.7, Inflammation Score:-1, Nutrition Score:1.3765217360595%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 84.81kcal (4.24%), Fat: 2.46g (3.79%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 14.15g (5.15%), Sugar: 7.67g (8.52%), Cholesterol: 5.64mg (1.88%), Sodium: 92.09mg (4%), Alcohol: 0.29g (100%), Alcohol %: 1.05% (100%), Protein: 1.19g (2.39%), Manganese: 0.1mg (5%), Fiber: 0.96g (3.85%), Phosphorus: 25.72mg (2.57%), Magnesium: 9.87mg (2.47%), Iron: 0.35mg (1.92%), Vitamin A: 92.11IU (1.84%), Folate: 7.3µg (1.82%), Vitamin B3: 0.34mg (1.69%), Zinc: 0.21mg (1.39%), Copper: 0.03mg (1.29%), Vitamin B1: 0.02mg (1.26%), Potassium: 37.95mg (1.08%), Vitamin B2: 0.02mg (1.03%)