



## Brown Ale Caramel Corn

 Vegetarian

READY IN



115 min.

SERVINGS



16

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

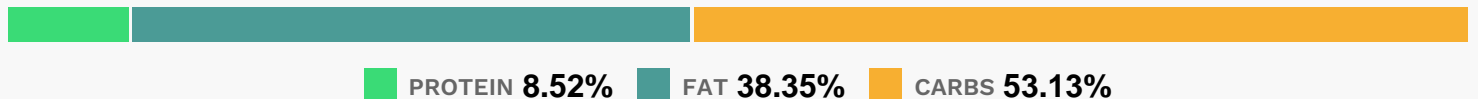
## Equipment

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

## Directions

- Heat oven to 300F. 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



## Properties

Glycemic Index:15.88, Glycemic Load:4.16, Inflammation Score:-2, Nutrition Score:2.4369565423416%

## 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: 106.51kcal (5.33%), Fat: 4.72g (7.26%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 13.39g (4.87%), Sugar: 6.61g (7.35%), Cholesterol: 5.64mg (1.88%), Sodium: 92.64mg (4.03%), Alcohol: 0.29g (100%), Alcohol %: 1.15% (100%), Protein: 2.36g (4.72%), Manganese: 0.21mg (10.47%), Fiber: 1.32g (5.28%), Vitamin B3: 1.04mg (5.18%), Magnesium: 18.07mg (4.52%), Folate: 18.02µg (4.5%), Phosphorus: 42.59mg (4.26%), Vitamin B1: 0.05mg (3.22%), Copper: 0.06mg (3.08%), Iron: 0.5mg (2.79%), Zinc: 0.3mg (1.99%), Potassium: 65.16mg (1.86%), Vitamin B6: 0.03mg (1.57%), Vitamin A: 76.38IU (1.53%), Calcium: 13.29mg (1.33%), Vitamin B2: 0.02mg (1.31%), Vitamin B5: 0.13mg (1.28%)