



Candy Bar Popcorn

 Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 king size bar chocolate-coated caramel-peanut nougat candy
- 3.5 ounce butter-flavored microwave popcorn

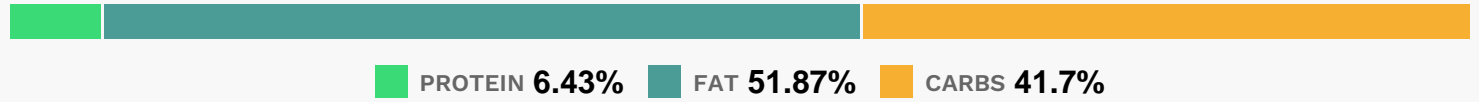
Equipment

- microwave

Directions

- Pop the popcorn according to the package directions. While the corn pops, cut the candy bar into 1/2 inch pieces.
- Spread the popped corn onto a microwave-safe platter (I like to use paper plates for easy clean up). Top with candy bar pieces.
- Heat on full power in the microwave at 30 second intervals, or until candy is melted.

Nutrition Facts



Properties

Glycemic Index:16.19, Glycemic Load:7.37, Inflammation Score:-1, Nutrition Score:2.7204348133958%

Nutrients (% of daily need)

Calories: 134.71kcal (6.74%), Fat: 7.77g (11.96%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 11.55g (4.2%), Sugar: 0.23g (0.26%), Cholesterol: 0.04mg (0.01%), Sodium: 189.44mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Fiber: 2.51g (10.05%), Manganese: 0.19mg (9.34%), Magnesium: 26.05mg (6.51%), Phosphorus: 64mg (6.4%), Vitamin E: 0.71mg (4.75%), Zinc: 0.56mg (3.72%), Vitamin B6: 0.07mg (3.66%), Potassium: 106.91mg (3.05%), Iron: 0.5mg (2.77%), Selenium: 1.76µg (2.52%), Copper: 0.05mg (2.49%), Vitamin B3: 0.38mg (1.89%)