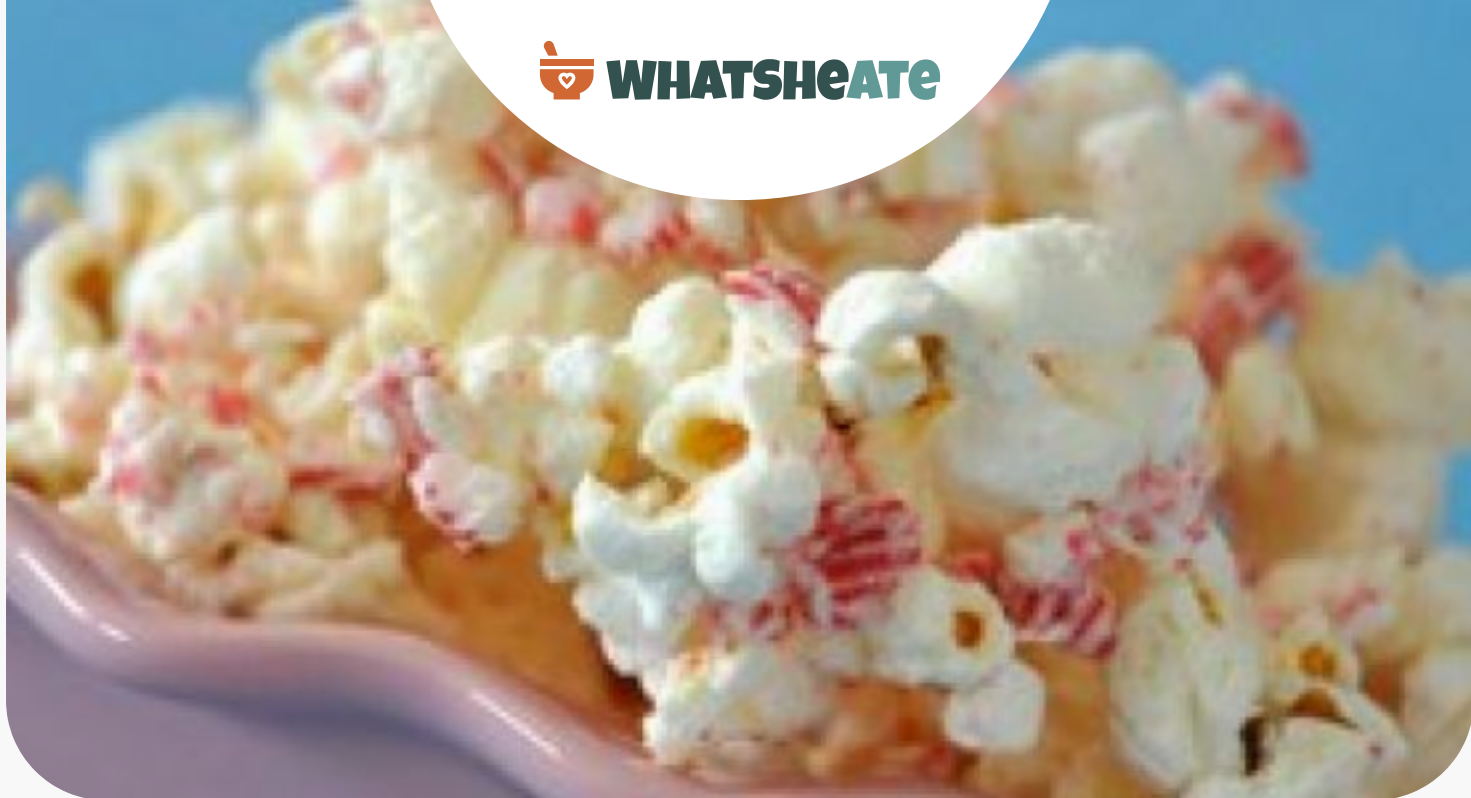




Candy Cane Popcorn

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 peppermint candy canes crushed
- ☐ 0.5 cup unpopped popcorn
- ☐ 4 ounces vanilla-flavored confectioners' coating or as needed

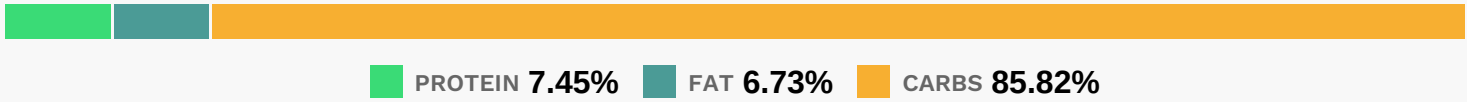
Equipment

- ☐ bowl

Directions

- ☐
- Using an air popper, pop the popcorn, place into a large bowl, and discard unpopped kernels. Melt the confectioners' coating according to the package directions.
- ☐
- Pour the melted coating over the popcorn, and sprinkle the crushed candy canes over the mixture. Using your hands, work the candy coating and crushed candy canes all through the popcorn.
- ☐
- Let the mixture cool, and break apart into bite-size pieces.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:0.59000000325234%

Nutrients (% of daily need)

Calories: 37.78kcal (1.89%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.65g (1.69%), Sugar: 1.77g (1.96%), Cholesterol: 0mg (0%), Sodium: 0.8mg (0.03%), Alcohol: 1.95g (100%), Alcohol %: 21.93% (100%), Protein: 0.45g (0.9%), Manganese: 0.05mg (2.63%), Fiber: 0.52g (2.08%), Magnesium: 5.72mg (1.43%), Phosphorus: 12.6mg (1.26%)