



Candy Corn Popcorn Balls

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



348 kcal

DESSERT

Ingredients

- 6 tablespoons butter
- 1.5 cups candy corn
- 5 cups marshmallows miniature
- 0.5 teaspoon salt
- 0.5 cup popcorn kernels (yields 4 quarts popped corn)
- 1 tablespoon vegetable oil

Equipment

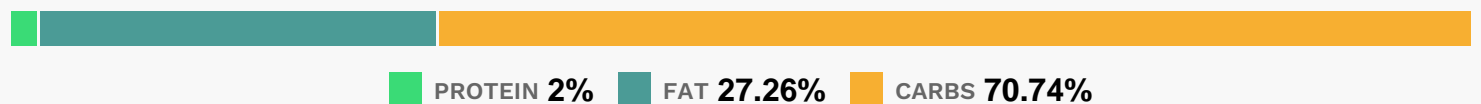
- frying pan

- sauce pan
- wooden spoon
- muffin tray

Directions

- Grease a 12-cup muffin tin. Set aside.
- Add vegetable oil to a 4 quart saucepan, and heat over high heat. When the oil is hot, add popping corn. Keep pan moving constantly until the corn has stopped popping.
- Remove from heat and set to the side for the moment.
- In a medium saucepan, melt the butter over medium heat. Stir in the marshmallows and cook until melted, stirring constantly. Stir in the salt. Once melted, pour the marshmallow mixture over the popcorn (right in the pan) and mix with a wooden spoon to coat evenly.
- Once the mixture is evenly coated, fold in the candy corn. Stir gently and as quickly as possible, because the candy corn will begin to melt rather quickly and you want it to retain its shape as much as possible, otherwise your popcorn balls will turn yellowish (they will still taste good, though).
- Let mixture cool slightly. Smear butter on your hands to prevent the mixture from sticking to your hands.
- Using buttered hands, form the mixture into balls (I made mine slightly smaller than a baseball).
- Place the balls into your greased 9x13-inch pan or muffin tin.
- Let cool for at least 1 hour before eating.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:15.35, Inflammation Score:-2, Nutrition Score:1.9965217359688%

Nutrients (% of daily need)

Calories: 348.22kcal (17.41%), Fat: 10.72g (16.49%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 62.59g (20.86%), Net Carbohydrates: 61.26g (22.28%), Sugar: 45.3g (50.33%), Cholesterol: 22.58mg (7.53%), Sodium: 326.51mg

(14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Fiber: 1.33g (5.33%), Vitamin A: 262.39IU (5.25%), Manganese: 0.1mg (5.08%), Vitamin K: 3.86µg (3.68%), Phosphorus: 35.67mg (3.57%), Magnesium: 13.45mg (3.36%), Vitamin E: 0.41mg (2.72%), Copper: 0.05mg (2.69%), Vitamin B1: 0.03mg (2.22%), Iron: 0.39mg (2.15%), Zinc: 0.3mg (2.03%), Folate: 6.98µg (1.75%), Vitamin B6: 0.03mg (1.54%)