



WHATSheATE



Candy Corn Popcorn Balls



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 2.5 cups candy corn
- ☐ 2 cups teddy bear-shaped chocolate graham cracker cookies
- ☐ 50 large marshmallows
- ☐ 20 cups freshly popped popcorn

Equipment

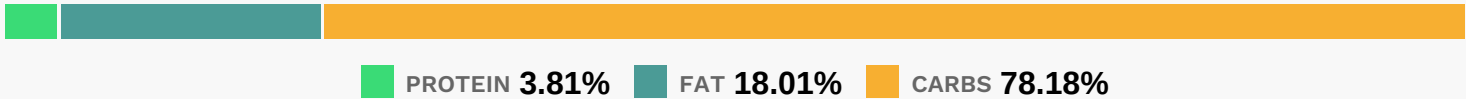
- ☐ bowl
- ☐ plastic wrap

- ☐ wax paper
- ☐ dutch oven

Directions

- ☐ Combine marshmallows and butter in a Dutch oven. Cook over medium-low heat until melted and smooth, stirring occasionally.
- ☐ Remove from heat.
- ☐ Combine popcorn and cookies in a large bowl.
- ☐ Pour marshmallow mixture over popcorn mixture, tossing to coat. Stir in candy corn. Spray hands with vegetable spray and shape popcorn mixture into 3-inch balls, pressing together firmly. Cool on wax paper. Wrap balls in plastic wrap. Store in an airtight container up to 3 days. Makes

Nutrition Facts



Properties

Glycemic Index:12.68, Glycemic Load:26.45, Inflammation Score:-3, Nutrition Score:3.3860869363922%

Nutrients (% of daily need)

Calories: 489.09kcal (24.45%), Fat: 9.95g (15.31%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 97.19g (32.4%), Net Carbohydrates: 93.96g (34.17%), Sugar: 61.07g (67.86%), Cholesterol: 0mg (0%), Sodium: 278.34mg (12.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Fiber: 3.22g (12.9%), Manganese: 0.25mg (12.38%), Phosphorus: 83.3mg (8.33%), Magnesium: 32.61mg (8.15%), Vitamin A: 313.78IU (6.28%), Zinc: 0.69mg (4.61%), Copper: 0.09mg (4.58%), Iron: 0.78mg (4.35%), Vitamin B3: 0.54mg (2.68%), Potassium: 77.31mg (2.21%), Vitamin E: 0.3mg (1.99%), Folate: 7.25µg (1.81%), Vitamin B6: 0.04mg (1.81%), Vitamin B1: 0.02mg (1.6%), Vitamin B2: 0.02mg (1.26%), Vitamin B5: 0.12mg (1.2%)