



## Candy Corn Popcorn Balls

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



121 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup candy corn
- ☐ 10 ounce marshmallows
- ☐ 8 cups popped butter microwave popcorn light ( 1 [3-ounce] bag)
- ☐ 0.3 teaspoon salt

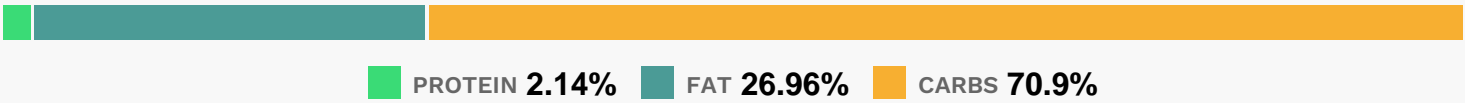
### Equipment

- ☐ bowl
- ☐ sauce pan

# Directions

- ☐ Combine popcorn and candy corn in a large bowl.
- ☐ Melt 1/4 cup butter in a large saucepan over medium heat; stir in 1/4 teaspoon salt and (10-ounce) bag marshmallows. Reduce heat to low; cook for 7 minutes or until the marshmallows melt and the mixture is smooth, stirring frequently.
- ☐ Pour marshmallow mixture over popcorn mixture, stirring to coat well. Lightly coat hands with cooking spray; shape popcorn mixture into 20 (2-inch) balls.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:8.27, Inflammation Score:-1, Nutrition Score:0.66608696430922%

## Nutrients (% of daily need)

Calories: 121.12kcal (6.06%), Fat: 3.7g (5.69%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 21.42g (7.79%), Sugar: 15.43g (17.15%), Cholesterol: 6.1mg (2.03%), Sodium: 115.68mg (5.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Fiber: 0.46g (1.83%), Manganese: 0.03mg (1.72%), Vitamin A: 78.65IU (1.57%), Phosphorus: 13.17mg (1.32%), Vitamin E: 0.19mg (1.28%), Magnesium: 4.96mg (1.24%), Copper: 0.02mg (1.13%)