



Caramel Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cinnamon and cayenne
- ☐ 1 cup pecans toasted
- ☐ 0.5 cup popcorn kernels
- ☐ 6 servings salt
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon vegetable oil

Equipment

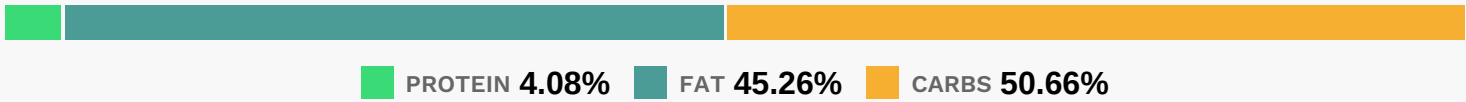
- ☐ bowl

☐ pot

Directions

- ☐ Heat oil in a large pot over high heat, then add popcorn, cover, and shake pot often. When popping slows, remove from heat until popping stops.
- ☐ Transfer to a large bowl. In the same pot over high heat, cook sugar with 2 tbsp. water until it turns amber in color.
- ☐ Add pecans and spices, then drizzle over popcorn, tossing well.
- ☐ Sprinkle with salt to taste.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:17.53, Inflammation Score:-2, Nutrition Score:5.9299999864205%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Nutrients (% of daily need)

Calories: 281.82kcal (14.09%), Fat: 14.83g (22.82%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 34.01g (12.37%), Sugar: 25.74g (28.6%), Cholesterol: 0mg (0%), Sodium: 195.02mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Manganese: 0.88mg (43.86%), Fiber: 3.34g (13.37%), Copper: 0.23mg (11.57%), Vitamin B1: 0.15mg (10.17%), Magnesium: 36.91mg (9.23%), Phosphorus: 86.81mg (8.68%), Zinc: 1.13mg (7.52%), Iron: 0.85mg (4.74%), Vitamin K: 4.81µg (4.58%), Vitamin B6: 0.08mg (3.8%), Vitamin E: 0.48mg (3.17%), Potassium: 107.32mg (3.07%), Folate: 12.19µg (3.05%), Vitamin B3: 0.42mg (2.09%), Vitamin B5: 0.2mg (1.96%), Vitamin B2: 0.03mg (1.96%), Calcium: 12.73mg (1.27%), Selenium: 0.78µg (1.12%)