



Caramel Corn

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



356 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups popped popcorn
- 0.5 cup slivered almonds toasted
- 0.8 cup brown sugar packed
- 0.5 cup butter
- 2 tablespoons water
- 2 tablespoons plus light
- 0.1 teaspoon salt
- 0.3 teaspoon baking soda

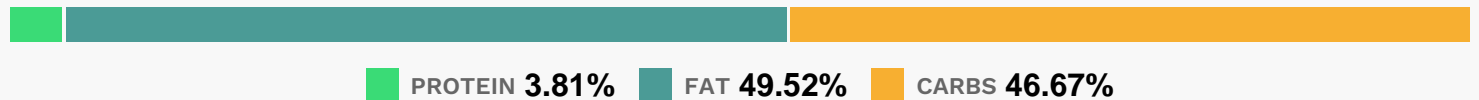
Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 250°F.
- Spread popcorn in ungreased 15x10x1-inch baking pan.
- Sprinkle almonds over popcorn.
- In large saucepan, combine brown sugar, butter, water, corn syrup and salt; mix well. Bring to a boil over medium heat. Boil 2 minutes, stirring constantly.
- Remove saucepan from heat. Stir in baking soda until well mixed. Immediately pour mixture over popcorn and almonds; toss until coated.
- Bake at 250°F. for 15 minutes. Stir; bake an additional 15 minutes. Stir; bake 5 minutes. Immediately spread on foil or waxed paper. Cool 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.22, Glycemic Load:5.78, Inflammation Score:-4, Nutrition Score:5.3534782788028%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 355.57kcal (17.78%), Fat: 20.35g (31.3%), Saturated Fat: 10.13g (63.3%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 40.41g (14.7%), Sugar: 32.81g (36.45%), Cholesterol: 40.67mg (13.56%), Sodium: 229.15mg (9.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin E: 2.77mg (18.5%), Manganese: 0.35mg (17.29%), Fiber: 2.72g (10.88%), Magnesium: 43.12mg (10.78%), Vitamin A: 494.38IU (9.89%), Phosphorus: 88.31mg (8.83%), Vitamin B2: 0.12mg (6.95%), Copper: 0.14mg (6.76%), Calcium: 53.48mg (5.35%), Iron: 0.88mg (4.91%), Zinc: 0.68mg (4.52%), Potassium: 143.36mg (4.1%), Vitamin B3: 0.62mg (3.09%), Vitamin B1: 0.04mg (2.34%), Vitamin B6: 0.04mg (2.07%), Folate: 8.21µg (2.05%), Vitamin B5: 0.16mg (1.55%), Vitamin K: 1.46µg (1.39%), Selenium: 0.94µg (1.34%)