



Caramel Corn



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



2019 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 quarts popped popcorn unsalted (a double batch of this popcorn recipe, , unbuttered)
- ☐ 2 cups firmly brown sugar packed
- ☐ 1 cup butter unsalted (2 sticks)
- ☐ 0.5 cup plus dark
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups peanuts salted

Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon
- ☐ candy thermometer

Directions

- ☐ Pre-heat oven to 225°F.
- ☐ Place already popped popcorn in large roasting pan; set aside.
- ☐ Bring sugar, butter, corn syrup, molasses, salt to a boil:
- ☐ Combine brown sugar, butter, corn syrup, molasses and salt in a thick-bottomed, 2-quart saucepan. Cook over medium heat, stirring occasionally, until mixture comes to a full boil.
- ☐ Continue cooking, stirring occasionally, until candy thermometer reaches 250°F or small amount of mixture dropped in ice water forms a hard ball (about 12 to 14 minutes).
- ☐ Remove from heat; stir in baking soda. The caramel will foam up a little and turn a lighter color when you add the baking soda.
- ☐ Carefully pour hot mixture over the popcorn in a large roasting pan. (If you would like peanuts with your popcorn, sprinkle the salted peanuts over the caramel sauce at this point.)
- ☐ Using a wooden spoon, stir until all popcorn is coated. (Be careful not to let the caramel touch you; it's very hot.)
- ☐ Place in the 225°F oven for 20 minutes.
- ☐ Remove from oven, stir to more evenly coat the popcorn with the caramel sauce.
- ☐ Return to oven. Continue cooking for 20 minutes more.
- ☐ Remove from oven. Immediately spread caramel corn out onto parchment paper or a Silicone mat.
- ☐ Let cool completely. Break into bite-sized pieces. Store in tightly covered container.

Nutrition Facts



 **PROTEIN 10.88%**  **FAT 21.29%**  **CARBS 67.83%**

Properties

Glycemic Index:20.03, Glycemic Load:171.76, Inflammation Score:-10, Nutrition Score:40.903478212979%

Nutrients (% of daily need)

Calories: 2018.54kcal (100.93%), Fat: 49.92g (76.8%), Saturated Fat: 16.02g (100.15%), Carbohydrates: 357.88g (119.29%), Net Carbohydrates: 300.39g (109.23%), Sugar: 60.71g (67.46%), Cholesterol: 48.81mg (16.27%), Sodium: 485.97mg (21.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.41g (114.82%), Manganese: 4.98mg (248.91%), Fiber: 57.49g (229.95%), Magnesium: 604.78mg (151.19%), Phosphorus: 1477.89mg (147.79%), Zinc: 12.29mg (81.93%), Iron: 13.22mg (73.43%), Vitamin B3: 13.18mg (65.89%), Copper: 1.23mg (61.4%), Potassium: 1572.71mg (44.93%), Folate: 155.26µg (38.82%), Vitamin B6: 0.7mg (35.14%), Vitamin B1: 0.49mg (32.67%), Vitamin A: 1309.21IU (26.18%), Vitamin B5: 2.44mg (24.4%), Vitamin B2: 0.35mg (20.49%), Vitamin E: 1.62mg (10.83%), Calcium: 104.98mg (10.5%), Vitamin K: 6.13µg (5.84%), Selenium: 3.8µg (5.42%), Vitamin D: 0.34µg (2.27%)