



Caramel Corn Clusters



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



597 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup plus light
- ☐ 5.5 cups brown sugar light packed
- ☐ 0.3 cup popcorn kernels
- ☐ 0.8 teaspoon salt
- ☐ 5 oz peanuts salted
- ☐ 0.5 cup butter unsalted
- ☐ 2 tablespoons vegetable oil

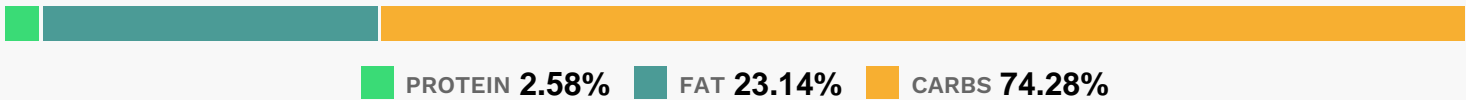
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oil with 3 kernels in a 3-quart heavy saucepan, covered, over moderate heat until 1 or 2 kernels pop.
- ☐ Remove lid and quickly add remaining kernels, then cook, covered, shaking pan frequently, until kernels stop popping, about 3 minutes.
- ☐ Remove from heat and uncover.
- ☐ Line bottom of a large shallow baking pan with foil. Lightly oil foil. Melt butter in a 6-quart heavy pot over moderate heat.
- ☐ Add brown sugar and corn syrup and bring to a boil over moderate heat, stirring, then boil, without stirring, until syrup registers 300°F on thermometer, 8 to 10 minutes.
- ☐ Remove pot from heat.
- ☐ Using a wooden spoon or a heatproof spatula, stir salt and baking soda into syrup, then quickly stir in peanuts and popcorn to coat. Immediately spread mixture in baking pan as thinly and evenly as possible. Cool completely, then break into bite-size pieces.

Nutrition Facts



Properties

Glycemic Index:1.58, Glycemic Load:2.07, Inflammation Score:-2, Nutrition Score:5.1226087406926%

Nutrients (% of daily need)

Calories: 596.71kcal (29.84%), Fat: 15.96g (24.55%), Saturated Fat: 6.13g (38.29%), Carbohydrates: 115.27g (38.42%), Net Carbohydrates: 113.64g (41.32%), Sugar: 108.77g (120.85%), Cholesterol: 20.34mg (6.78%), Sodium: 280.49mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Manganese: 0.39mg (19.37%), Calcium: 99.94mg (9.99%), Vitamin B3: 1.95mg (9.76%), Magnesium: 34.86mg (8.71%), Potassium: 240.7mg (6.88%), Copper: 0.14mg (6.87%), Phosphorus: 65.64mg (6.56%), Fiber: 1.63g (6.52%), Iron: 1.13mg (6.26%), Folate: 19µg (4.75%), Vitamin A: 236.36IU (4.73%), Vitamin K: 4.83µg (4.6%), Vitamin B6: 0.09mg (4.25%), Vitamin B1: 0.06mg (4.05%), Selenium: 2.29µg (3.27%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.46mg (3.09%), Vitamin E: 0.42mg (2.77%)