

# Caramel Corn III

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 tablespoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter
- 0.3 cup plus light
- 0.5 teaspoon salt
- 1.5 cups popcorn kernels
- 1 tablespoon vegetable oil

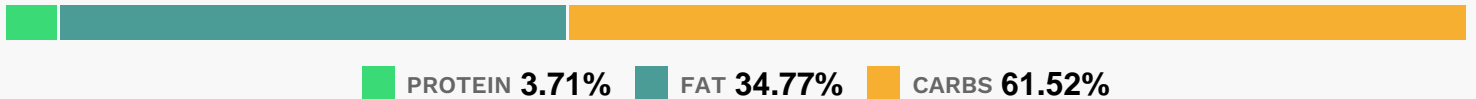
## Equipment

- frying pan
- baking sheet
- sauce pan
- oven

## Directions

- In a 4 quart saucepan, add 1 tablespoon of the oil , and heat over high heat. When oil is hot, add 1/2 cup of popping corn. Keep pan moving constantly. When corn stops popping, remove from heat.
- Place popped corn in oven to keep warm. Repeat until all corn has been popped.
- Preheat oven to 200 degrees F (95 degrees C).
- Boil sugar, butter, syrup, and salt for 5 minutes.
- Remove from heat, add baking soda. Stir well.
- Pour over popped corn.
- Spread onto cookie sheets and place in oven for 1 hour. Stir every 15 min.
- Remove from oven and let cool, breaking apart the popcorn as it cools. Store in air tight containers.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:2.08, Inflammation Score:-5, Nutrition Score:6.5173912799877%

## Nutrients (% of daily need)

Calories: 488.96kcal (24.45%), Fat: 19.4g (29.85%), Saturated Fat: 10.33g (64.57%), Carbohydrates: 77.23g (25.74%), Net Carbohydrates: 72.03g (26.19%), Sugar: 46.86g (52.07%), Cholesterol: 40.67mg (13.56%), Sodium: 610.97mg (26.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Manganese: 0.42mg (20.94%), Fiber: 5.21g (20.83%), Magnesium: 54.26mg (13.56%), Phosphorus: 128.6mg (12.86%), Vitamin A: 472.73IU (9.45%), Vitamin B1: 0.14mg (9.29%), Iron: 1.51mg (8.4%), Zinc: 1.22mg (8.12%), Vitamin B6: 0.13mg (6.68%), Folate: 26.35µg (6.59%), Copper: 0.11mg (5.54%), Vitamin K: 5.49µg (5.23%), Vitamin E: 0.73mg (4.85%), Potassium: 165.83mg (4.74%), Calcium: 38.99mg (3.9%), Vitamin B3: 0.7mg (3.52%), Vitamin B5: 0.23mg (2.31%), Vitamin B2: 0.03mg (1.51%), Selenium: 0.73µg (1.04%)