



Caramel Corn Treat Bags

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



8

CALORIES



2175 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar
- 0.5 cup butter
- 0.5 cup plus dark light karo®
- 8 servings halloween candies dried
- 4 quarts popped popcorn
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract pure spice islands®

1 bags treat

1 bags treat

Equipment

bowl

sauce pan

oven

roasting pan

aluminum foil

Directions

Spray a large shallow roasting pan with cooking spray.

Add popcorn and place in preheated 250 degrees F oven while preparing caramel.

Mix brown sugar, corn syrup, butter and salt in a heavy 2-quart saucepan. Stirring constantly, bring to a boil over medium heat.

Boil 5 minutes WITHOUT STIRRING.

Remove from heat. Stir in baking soda and vanilla.

Pour syrup mixture over warm popcorn, stirring to coat evenly.

Bake for 45 minutes, stirring occasionally.

Remove from oven and spread on foil that has been sprayed with cooking spray. Cool; break apart. Store in tightly covered container.

To serve, set out small bowls of your favorite candies, nuts or fruits and let your guests individualize their own Halloween treat.

Nutrition Facts



PROTEIN 10.96% **FAT 14.46%** **CARBS 74.58%**

Properties

Glycemic Index:19.54, Glycemic Load:213.88, Inflammation Score:-10, Nutrition Score:41.755651981934%

Nutrients (% of daily need)

Calories: 2175.4kcal (108.77%), Fat: 36.41g (56.01%), Saturated Fat: 7.24g (45.23%), Carbohydrates: 422.57g (140.86%), Net Carbohydrates: 353.55g (128.56%), Sugar: 56.77g (63.08%), Cholesterol: 2.25mg (0.75%), Sodium: 436.36mg (18.97%), Alcohol: 0.17g (100%), Alcohol %: 0.04% (100%), Protein: 62.11g (124.21%), Fiber: 69.02g (276.06%), Manganese: 5.31mg (265.34%), Magnesium: 686.04mg (171.51%), Phosphorus: 1700.71mg (170.07%), Zinc: 14.59mg (97.28%), Iron: 15.55mg (86.42%), Copper: 1.26mg (63.22%), Vitamin B3: 10.96mg (54.8%), Potassium: 1609.43mg (45.98%), Vitamin B6: 0.76mg (37.87%), Folate: 147.1µg (36.78%), Vitamin B1: 0.5mg (33.06%), Vitamin A: 1468.51IU (29.37%), Vitamin B5: 2.47mg (24.66%), Vitamin B2: 0.4mg (23.55%), Vitamin E: 1.81mg (12.08%), Calcium: 81.58mg (8.16%), Vitamin K: 5.68µg (5.41%), Selenium: 0.95µg (1.36%)