



Caramel Corn with Smoked Almonds and Fleur de Sel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



546 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces almonds smoked coarsely chopped
- ☐ 0.5 tablespoon baking soda
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup plus light
- ☐ 1.5 tablespoons fleur del sel
- ☐ 1 cup popcorn kernels

- ☐ 2.8 cups sugar
- ☐ 8 tablespoons butter unsalted cut into small pieces (1 stick)

Equipment

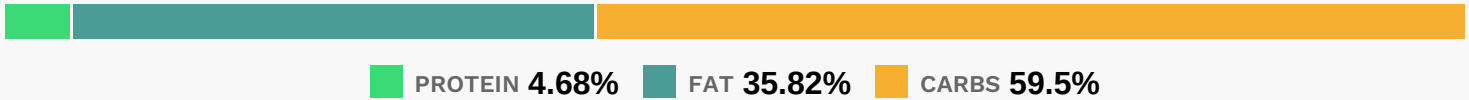
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ pot
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Line a large baking sheet with parchment paper or aluminum foil and grease generously with nonstick vegetable-oil spray. Generously spray a large bowl and all but the handle part of a large spoon or rubber spatula.
- ☐ In a large deep pot with a lid, combine the popcorn kernels, oil, and salt and stir to coat the kernels in oil.
- ☐ Place the pot over moderately high heat, cover with a lid, and cook, shaking the pot frequently to redistribute the kernels, until all the kernels have popped, 6 to 8 minutes.
- ☐ Transfer the popped popcorn to the large prepared bowl, discarding any unpopped kernels. DO AHEAD: The popcorn can be popped in advance and stored, in an airtight container at room temperature, up to 3 days.
- ☐ In a large deep pot over moderately high heat, combine the corn syrup, sugar, and 1/4 cup water and stir to combine. Cook, undisturbed, until the mixture develops a light amber color, about 10 minutes.
- ☐ Remove the pot from the heat, add the baking soda and butter, and stir continuously to melt the butter and combine the ingredients, about 20 seconds. (The mixture will be very hot and will foam up at this point—continuous stirring will help the foaming subside.) Working quickly, pour the caramel over the popcorn and add the almonds, then use the prepared spoon or rubber spatula to stir everything together, trying to evenly coat the popcorn and nuts in caramel.

- ☐
- Transfer to the prepared baking sheet, spreading out the caramel corn as much as possible.
- ☐
- Sprinkle with fleur de sel and let cool and harden for about 20 minutes. Break the caramel corn into smaller, bite-size pieces and serve. DO AHEAD: Caramel corn can be prepared in advance and stored, in an airtight container at room temperature, up to 3 days.
- ☐
- When making the caramel, once the sugar begins to caramelize you can swirl the pan to evenly distribute the color, but avoid stirring, which will cause the sugar to crystallize and harden.

Nutrition Facts



Properties

Glycemic Index:9.91, Glycemic Load:41.09, Inflammation Score:-5, Nutrition Score:9.8508694612462%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 545.5kcal (27.27%), Fat: 22.72g (34.95%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 84.92g (28.31%), Net Carbohydrates: 80g (29.09%), Sugar: 69.13g (76.81%), Cholesterol: 24.08mg (8.03%), Sodium: 1689.45mg (73.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.37%), Vitamin E: 6.35mg (42.35%), Manganese: 0.68mg (34.14%), Magnesium: 81.84mg (20.46%), Fiber: 4.92g (19.67%), Vitamin B2: 0.28mg (16.5%), Phosphorus: 160.81mg (16.08%), Copper: 0.28mg (13.89%), Zinc: 1.25mg (8.35%), Iron: 1.38mg (7.68%), Vitamin B1: 0.11mg (7.27%), Calcium: 68.22mg (6.82%), Potassium: 215.45mg (6.16%), Vitamin A: 280.11IU (5.6%), Vitamin B3: 1.09mg (5.44%), Folate: 20.48µg (5.12%), Vitamin B6: 0.08mg (3.93%), Selenium: 1.5µg (2.14%), Vitamin B5: 0.18mg (1.83%), Vitamin K: 1.78µg (1.7%), Vitamin D: 0.17µg (1.12%)