



HEALTH SCORE

78%

## Caramel Crunch Popcorn



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



2731 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup butter
- ☐ 0.3 cup plus light
- ☐ 16 ounce brown sugar light
- ☐ 0.3 cup blackstrap molasses
- ☐ 1.8 cups peanuts salted spanish
- ☐ 6 quarts popped popcorn
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

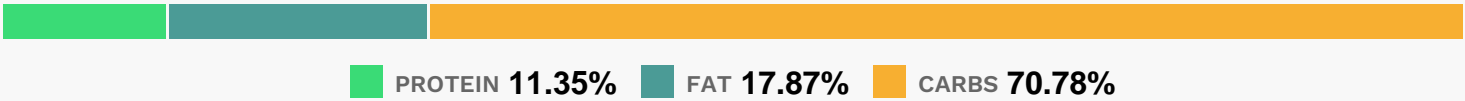
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ roasting pan

## Directions

- ☐ Place popcorn and peanuts in a large mixing bowl; set aside.
- ☐ Melt butter in a large heavy saucepan. Stir in brown sugar and next 3 ingredients; bring to a boil over medium heat, stirring constantly.
- ☐ Boil 5 minutes, stirring occasionally.
- ☐ Remove from heat, and stir in vanilla.
- ☐ Pour mixture over popcorn mixture; stir until evenly coated.
- ☐ Pour into 2 large lightly greased roasting pans or 4 (13- x 9-inch) baking pans, spreading into a thin layer.
- ☐ Bake at 250 for 45 to 50 minutes, stirring every 15 minutes. Cool in pans on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:12.93, Glycemic Load:242.81, Inflammation Score:-10, Nutrition Score:49.060869608074%

## Nutrients (% of daily need)

Calories: 2730.65kcal (136.53%), Fat: 56.61g (87.09%), Saturated Fat: 8.96g (56%), Carbohydrates: 504.38g (168.13%), Net Carbohydrates: 419.77g (152.64%), Sugar: 61.83g (68.7%), Cholesterol: 0mg (0%), Sodium: 507.53mg (22.07%), Alcohol: 0.14g (100%), Alcohol %: 0.03% (100%), Protein: 80.89g (161.78%), Manganese: 7.08mg (354.03%), Fiber: 84.61g (338.43%), Magnesium: 885.86mg (221.47%), Phosphorus: 2141.32mg (214.13%), Zinc: 18.08mg (120.51%), Iron: 19.42mg (107.87%), Copper: 1.72mg (85.96%), Vitamin B3: 17.06mg (85.28%), Potassium: 2259.94mg (64.57%), Folate: 208.9µg (52.22%), Vitamin B6: 1.03mg (51.7%), Vitamin B1: 0.68mg (45.49%), Vitamin

A: 1924.89IU (38.5%), Vitamin B5: 3.4mg (33.98%), Vitamin B2: 0.5mg (29.53%), Vitamin E: 2.35mg (15.67%), Calcium: 128.25mg (12.83%), Vitamin K: 6.81µg (6.49%), Selenium: 4.02µg (5.74%)