



Caramel Graham Popcorn Balls

READY IN



30 min.

SERVINGS



30

CALORIES



87 kcal

DESSERT

Ingredients

- 32 caramels kraft
- 2 Tbsp multi-colored sprinkles
- 16 graham crackers (2 cups pieces)
- 8 cups popped popcorn
- 2 Tbsp water

Equipment

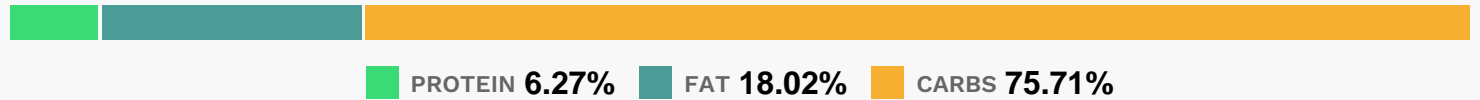
- bowl
- sauce pan

plastic wrap

Directions

- Place caramels in saucepan.
- Add water; cook on low heat until caramels are completely melted, stirring occasionally.
- Toss popcorn with graham pieces and sprinkles in large bowl.
- Drizzle with caramel mixture; toss to coat. Cool slightly.
- Shape popcorn mixture evenly into 12 balls. Cool completely. Wrap in colored plastic wrap; tie closed with ribbon. Store at room temperature up to 1 week.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:10.59, Inflammation Score:-1, Nutrition Score:1.3147825963147%

Nutrients (% of daily need)

Calories: 86.58kcal (4.33%), Fat: 1.78g (2.74%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 16.14g (5.87%), Sugar: 9.34g (10.37%), Cholesterol: 0.75mg (0.25%), Sodium: 75.62mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Phosphorus: 37.74mg (3.77%), Vitamin B2: 0.05mg (2.8%), Fiber: 0.68g (2.72%), Magnesium: 10.45mg (2.61%), Iron: 0.42mg (2.32%), Calcium: 20.85mg (2.09%), Vitamin B1: 0.03mg (2.07%), Zinc: 0.28mg (1.88%), Vitamin B3: 0.37mg (1.83%), Manganese: 0.03mg (1.69%), Potassium: 45.69mg (1.31%), Folate: 4.77µg (1.19%)