

Caramel Popcorn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 0.5 cup light-colored corn syrup
- ☐ 1 cup brown sugar dark packed
- ☐ 1 tablespoon blackstrap molasses light
- ☐ 12 cups popped popcorn (popped without salt or fat)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

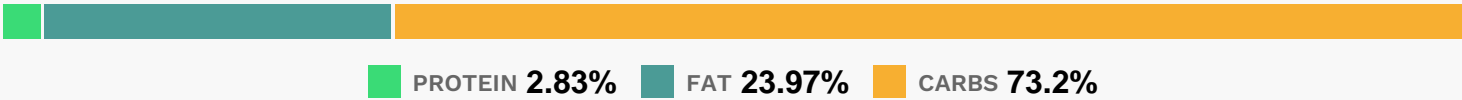
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 25
- ☐ Coat a large jelly roll pan with cooking spray.
- ☐ Combine sugar, corn syrup, butter, and molasses in a medium saucepan; bring to a boil over medium heat. Cook 5 minutes, stirring once.
- ☐ Remove from heat; stir in vanilla, baking soda, and salt.
- ☐ Place popcorn in a large bowl; pour sugar mixture over popcorn in a steady stream, stirring to coat.
- ☐ Spread popcorn mixture into prepared pan.
- ☐ Bake at 250 for 1 hour, stirring every 15 minutes.
- ☐ Remove from oven; stir to break up any large clumps. Cool 15 minutes.
- ☐ Serve warm or at room temperature.
- ☐ Note: Store in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:9.96, Glycemic Load:4.83, Inflammation Score:-1, Nutrition Score:1.4747826078016%

Nutrients (% of daily need)

Calories: 135.95kcal (6.8%), Fat: 3.76g (5.79%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 24.79g (9.01%), Sugar: 20.07g (22.3%), Cholesterol: 9.04mg (3.01%), Sodium: 132.35mg (5.75%), Alcohol: 0.11g (100%), Alcohol %: 0.42% (100%), Protein: 1g (2%), Manganese: 0.11mg (5.37%), Fiber: 1.06g (4.25%),

Magnesium: 14.57mg (3.64%), Phosphorus: 28.12mg (2.81%), Vitamin A: 119.42IU (2.39%), Iron: 0.37mg (2.08%), Zinc: 0.28mg (1.86%), Potassium: 58.21mg (1.66%), Calcium: 15.25mg (1.53%), Copper: 0.03mg (1.53%), Vitamin B6: 0.02mg (1.21%)