



## Caramel Popcorn Balls

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



714 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup firmly brown sugar packed
- 6 servings chocolate melted
- 6 servings chocolate chips mini
- 6 servings mint
- 0.5 cup honey
- 1 bag butter-flavored microwave popcorn plain
- 6 servings nuts chopped

- 6 servings rainbow sprinkles
- 0.3 teaspoon salt
- 0.5 cup butter unsalted

## Equipment

- bowl
- baking sheet
- mixing bowl
- pot
- skewers
- candy thermometer
- lollipop sticks

## Directions

- Watch how to make this recipe.
- Special equipment: Lollipop sticks or skewers
- Grease a large mixing bowl and baking sheet with nonstick cooking spray. Cook the popcorn according to packaging instructions and dump into the prepared mixing bowl.
- Combine the brown sugar, honey and butter in a medium heavy pot and cook over medium heat, stirring constantly until it boils. Continue to cook, stirring only occasionally, to prevent it from sticking, until a sugar thermometer inserted reaches 300 degrees F, about 10 minutes. Turn off the heat and add the baking soda and salt, stirring rapidly. Immediately pour the caramel over the popcorn, tossing to coat. Cool until the mixture is cool enough for handling, about 5 minutes. Using a bowl of water to dampen hands, shape the popcorn into balls about 3 1/2 inches in diameter.
- Place the caramel popcorn balls on the prepared baking sheet and pierce with a lollipop stick or skewer.
- Then drizzle the popcorn balls with the melted chocolate and decorate.

## Nutrition Facts



■ PROTEIN 3.7% ■ FAT 44.92% ■ CARBS 51.38%

## Properties

Glycemic Index:31.55, Glycemic Load:18.29, Inflammation Score:-5, Nutrition Score:9.2230434676875%

## Nutrients (% of daily need)

Calories: 714.44kcal (35.72%), Fat: 37.06g (57.01%), Saturated Fat: 15.31g (95.7%), Carbohydrates: 95.35g (31.78%), Net Carbohydrates: 91g (33.09%), Sugar: 78.16g (86.84%), Cholesterol: 40.82mg (13.61%), Sodium: 320.46mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Manganese: 0.75mg (37.3%), Copper: 0.45mg (22.5%), Magnesium: 88.63mg (22.16%), Phosphorus: 177.81mg (17.78%), Fiber: 4.35g (17.41%), Zinc: 1.58mg (10.55%), Iron: 1.83mg (10.19%), Vitamin A: 505.87IU (10.12%), Potassium: 314.67mg (8.99%), Vitamin B3: 1.73mg (8.64%), Vitamin B6: 0.16mg (7.79%), Calcium: 62.58mg (6.26%), Vitamin E: 0.87mg (5.81%), Vitamin B2: 0.09mg (5.21%), Vitamin B5: 0.48mg (4.78%), Folate: 18.78µg (4.69%), Vitamin B1: 0.07mg (4.5%), Selenium: 1.95µg (2.78%), Vitamin K: 2.02µg (1.92%), Vitamin D: 0.28µg (1.89%)