

# Caramel Popcorn Balls

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



302 kcal

DESSERT

## Ingredients

- 0.3 cup butter
- 0.5 cup plus light
- 1 cup brown sugar light packed
- 0.7 cup condensed milk sweetened
- 2.5 cups popcorn kernels
- 0.5 teaspoon vanilla extract
- 5 tablespoons vegetable oil

## Equipment

- frying pan
- sauce pan
- oven
- kitchen thermometer
- candy thermometer

## Directions

- Add 1 tablespoon of the oil to a 4 quart saucepan, and heat over high heat. When oil is hot, add 1/2 cup of popping corn. Keep pan moving constantly. When corn stops popping, remove from heat.
- Place popped corn in oven to keep warm. Repeat until all corn has been popped. Set aside.
- In a medium saucepan with a candy thermometer inserted, combine butter, sugar, and corn syrup. Stir well and bring to boiling over medium heat. Stir in condensed milk; simmer, stirring constantly, until thermometer reads 238 degrees F (114 degrees C). Stir in vanilla.
- Pour caramel over popped corn and stir to coat. Butter hands lightly; shape popcorn into balls about 3 1/2 inches in diameter.

## Nutrition Facts



**PROTEIN 5.3%** **FAT 29.06%** **CARBS 65.64%**

## Properties

Glycemic Index:8.67, Glycemic Load:6.17, Inflammation Score:-3, Nutrition Score:5.1569565586422%

## Nutrients (% of daily need)

Calories: 301.64kcal (15.08%), Fat: 9.99g (15.36%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 47.29g (17.2%), Sugar: 30.62g (34.03%), Cholesterol: 12.76mg (4.25%), Sodium: 54.68mg (2.38%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Protein: 4.1g (8.19%), Fiber: 3.47g (13.89%), Manganese: 0.27mg (13.69%), Phosphorus: 117.64mg (11.76%), Magnesium: 38.68mg (9.67%), Vitamin K: 8.68µg (8.27%), Vitamin B1: 0.11mg (7.05%), Zinc: 0.94mg (6.25%), Calcium: 54.56mg (5.46%), Iron: 0.96mg (5.35%), Folate: 18.7µg (4.68%), Vitamin B6: 0.09mg (4.59%), Potassium: 146.07mg (4.17%), Vitamin B2: 0.07mg (4.17%), Vitamin E: 0.55mg (3.66%), Copper: 0.07mg (3.57%), Selenium: 2.31µg (3.29%), Vitamin A: 130.86IU (2.62%), Vitamin B3: 0.48mg (2.42%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.07µg (1.1%)