



Caramel-Popcorn Bars

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.5 oz butter-flavored microwave popcorn (any variety)
- 6 oz peanuts crushed
- 14 oz individually wrapped caramels
- 1 tablespoon water
- 0.3 teaspoon vanilla

Equipment

- bowl
- frying pan

- knife
- microwave
- measuring cup

Directions

- Butter bottom and sides of 13x9-inch pan.
- Remove and discard unpopped kernels from popped popcorn.
- In large bowl, mix popcorn and peanut brittle. In 4-cup microwavable measuring cup, microwave caramels and water uncovered on High 2 to 4 minutes, stirring every minute, until smooth. Stir in vanilla.
- Pour over popcorn mixture; toss until evenly coated. Press in pan with buttered hands.
- Let stand about 30 minutes or until set. For 24 bars, cut into 6 rows by 4 rows with wet knife.

Nutrition Facts



PROTEIN 9.02% **FAT 41.91%** **CARBS 49.07%**

Properties

Glycemic Index:6, Glycemic Load:9.57, Inflammation Score:-1, Nutrition Score:2.9482608767955%

Nutrients (% of daily need)

Calories: 125.93kcal (6.3%), Fat: 6.14g (9.45%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 15.08g (5.49%), Sugar: 10.85g (12.06%), Cholesterol: 1.16mg (0.39%), Sodium: 73.66mg (3.2%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 2.97g (5.95%), Manganese: 0.22mg (11.01%), Vitamin B3: 1.22mg (6.08%), Phosphorus: 57.02mg (5.7%), Magnesium: 20.49mg (5.12%), Folate: 18.29µg (4.57%), Vitamin B1: 0.07mg (4.44%), Fiber: 1.09g (4.36%), Copper: 0.08mg (3.76%), Vitamin B2: 0.05mg (3.2%), Calcium: 31.31mg (3.13%), Potassium: 106mg (3.03%), Vitamin B5: 0.24mg (2.35%), Vitamin B6: 0.05mg (2.31%), Iron: 0.38mg (2.13%), Zinc: 0.32mg (2.11%), Selenium: 1.1µg (1.57%), Vitamin E: 0.19mg (1.3%)