



## Caramel Popcorn Brittle



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



690 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup dry-roasted peanuts salted
- ☐ 1 cup marshmallows miniature
- ☐ 8 cups popped corn cooked ( without salt or fat)
- ☐ 3 cups sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup water

### Equipment

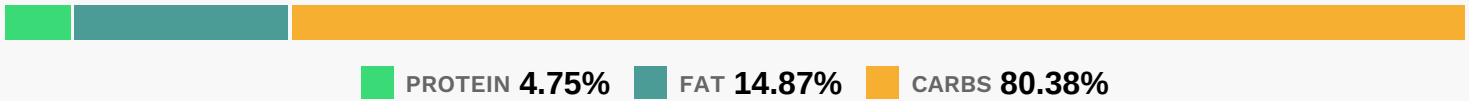
- ☐ bowl

- ☐ frying pan
- ☐ dutch oven

## Directions

- ☐ Combine first 3 ingredients in a large bowl; toss gently, and set aside.
- ☐ Combine sugar and water in a large, heavy Dutch oven.
- ☐ Place over medium-low heat, and cook 10 minutes or until sugar dissolves. (Do not stir.)  
Cover, increase heat to medium, and cook 1 minute. Uncover and cook an additional 12 minutes or until amber. (Do not stir.)
- ☐ Remove from heat; stir in vanilla.
- ☐ Add popped corn mixture. Working rapidly, stir well, and spread into a 15- x 10- x 1-inch jellyroll pan coated with cooking spray.
- ☐ Let cool completely; break into pieces. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:39.38, Glycemic Load:96.09, Inflammation Score:-3, Nutrition Score:7.2400000296209%

## Nutrients (% of daily need)

Calories: 689.86kcal (34.49%), Fat: 11.94g (18.37%), Saturated Fat: 1.76g (11%), Carbohydrates: 145.23g (48.41%), Net Carbohydrates: 140.72g (51.17%), Sugar: 125.72g (139.69%), Cholesterol: 0mg (0%), Sodium: 107.84mg (4.69%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 8.59g (17.18%), Manganese: 0.72mg (35.91%), Vitamin B3: 3.69mg (18.43%), Fiber: 4.51g (18.04%), Magnesium: 62.86mg (15.71%), Phosphorus: 148.59mg (14.86%), Copper: 0.22mg (10.84%), Folate: 33.15µg (8.29%), Zinc: 1mg (6.68%), Potassium: 231.34mg (6.61%), Iron: 1.14mg (6.36%), Vitamin B1: 0.09mg (5.86%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.4mg (3.95%), Selenium: 2.53µg (3.62%), Vitamin B2: 0.06mg (3.32%), Calcium: 26.1mg (2.61%)