

Caramel Popcorn Clusters

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 9 ounce werther's original baking caramels
- ☐ 0.3 cup cashew pieces
- ☐ 2 tablespoons milk
- ☐ 4 cups popped popcorn
- ☐ 0.3 cup sugar

Equipment

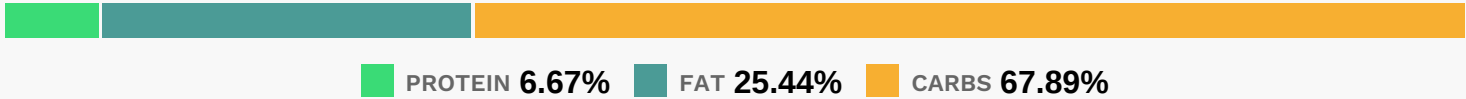
- ☐ sauce pan

- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ muffin tray

Directions

- ☐ Preheat oven to 250 degrees F. Line a muffin pan with aluminum foil baking cups. Spray cups with non-stick cooking spray.
- ☐ Melt caramels, sugar, cream, and water in small saucepan over medium heat until mixture boils, stirring frequently. Cook 5 minutes or until sugar and caramels are completely melted.
- ☐ Combine popcorn and nuts in a large mixing bowl.
- ☐ Drizzle caramel over popcorn mixture and toss to evenly coat. Divide caramel popcorn into prepared cups.
- ☐ Bake 20 minutes.
- ☐ Let cool completely before removing from baking cups.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:15.34, Inflammation Score:-1, Nutrition Score:2.638260881214%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 138.91kcal (6.95%), Fat: 4.12g (6.33%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 23.86g (8.68%), Sugar: 18.48g (20.53%), Cholesterol: 1.79mg (0.6%), Sodium: 53.72mg (2.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Manganese: 0.13mg (6.58%), Phosphorus: 65.05mg (6.5%), Magnesium: 22.22mg (5.55%), Vitamin B2: 0.09mg (5.01%), Copper: 0.09mg (4.62%), Vitamin E: 0.62mg (4.16%), Calcium: 38.87mg (3.89%), Fiber: 0.86g (3.44%), Zinc: 0.43mg (2.88%), Vitamin B1: 0.04mg (2.83%), Potassium: 93.18mg (2.66%), Iron: 0.4mg (2.22%), Vitamin B5: 0.19mg (1.92%), Vitamin B6: 0.03mg (1.65%), Selenium: 1.07µg (1.53%), Vitamin K: 1.35µg (1.29%), Vitamin B12: 0.08µg (1.29%), Vitamin B3: 0.22mg (1.08%)