



# Caramel Pretzel Nut Popcorn

 Vegetarian

READY IN



35 min.

SERVINGS



32

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon baking soda
- 3 cups brown sugar
- 1.5 cups butter
- 0.8 cup plus light
- 4 cups chop roasted peanuts dry
- 20 cups popped popcorn
- 8 cups pretzels salted
- 1 teaspoon salt

2 teaspoons vanilla extract

## Equipment

bowl

sauce pan

oven

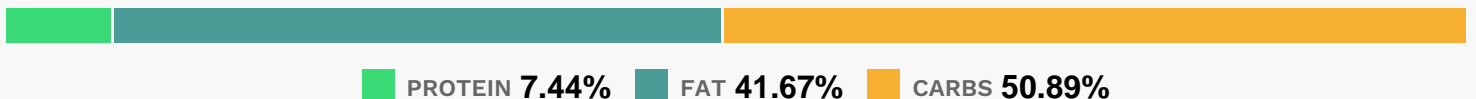
## Directions

Place the pretzels, popcorn and peanuts into a large paper bag or, if you have one, a very large bowl. Set aside.

In a saucepan over medium heat, combine the brown sugar, corn syrup, and butter. Cook, stirring to melt the butter and dissolve the sugar, until the mixture comes to a boil. Once the mixture is at a full boil, continue to cook for 5 minutes, stirring constantly.

Remove from the heat, and stir in the salt, vanilla, and baking soda. The mixture will foam up when you add the soda, so use a long spoon to stir. Immediately pour the sugar mixture over the popcorn and pretzels in the bag. Shake until evenly coated. For a crispier treat, boil the sugar mixture longer, or bake the finished mix in the oven at 350 degrees F (175 degrees C) for about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.82, Glycemic Load:16.84, Inflammation Score:-5, Nutrition Score:7.9730435843053%

## Nutrients (% of daily need)

Calories: 391.47kcal (19.57%), Fat: 18.86g (29.02%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 51.84g (17.28%), Net Carbohydrates: 48.59g (17.67%), Sugar: 27.6g (30.67%), Cholesterol: 22.88mg (7.63%), Sodium: 511.47mg (22.24%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 7.58g (15.16%), Manganese: 0.67mg (33.38%), Vitamin B3: 3.94mg (19.7%), Folate: 57.04µg (14.26%), Fiber: 3.25g (13.01%), Magnesium: 51.26mg (12.81%), Phosphorus: 121.67mg (12.17%), Iron: 1.58mg (8.78%), Vitamin E: 1.29mg (8.57%), Vitamin B1: 0.13mg (8.38%), Copper: 0.14mg (6.97%), Vitamin B2: 0.11mg (6.64%), Zinc: 0.99mg (6.6%), Potassium: 216.54mg (6.19%), Vitamin B6: 0.12mg (6.09%), Vitamin A: 279.38IU (5.59%), Selenium: 3.03µg (4.33%), Vitamin B5: 0.4mg (4.03%), Calcium: 37.54mg (3.75%), Vitamin K: 1.39µg (1.32%)