



Ceiba Caramel Corn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz almonds lightly toasted sliced
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup plus light
- ☐ 1 cup brown sugar light packed
- ☐ 12 cups popped popcorn (2 bags popped)
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons butter unsalted
- ☐ 1 tablespoon vanilla extract

☐ 2 tablespoons water

Equipment

☐ baking sheet

☐ sauce pan

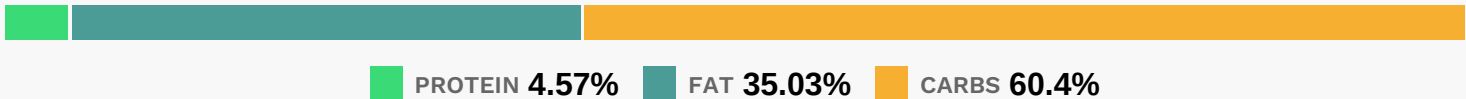
☐ oven

☐ candy thermometer

Directions

- ☐ Preheat oven to 25
- ☐ Combine first 5 ingredients in a small saucepan, and cook over medium heat, stirring until sugar dissolves. Bring to a boil; cook, without stirring, 8 minutes or until sugar reaches 260 on a candy thermometer.
- ☐ Remove from heat; quickly stir in baking soda and vanilla.
- ☐ Pour hot caramel over popcorn, add almonds, and quickly coat popcorn.
- ☐ Spread popcorn mixture on lightly greased baking sheets.
- ☐ Bake at 250 for 1 hour, stirring every 10 minutes.
- ☐ Remove from oven, and let cool. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:5.71, Inflammation Score:-2, Nutrition Score:3.4930434829515%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 213.01kcal (10.65%), Fat: 8.55g (13.15%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 30.99g (11.27%), Sugar: 23.68g (26.31%), Cholesterol: 15.05mg (5.02%), Sodium: 250.85mg (10.91%), Alcohol: 0.37g (100%), Alcohol %: 0.9% (100%), Protein: 2.51g (5.01%), Manganese: 0.25mg (12.27%), Vitamin E: 1.4mg (9.36%), Fiber: 2.19g (8.74%), Magnesium: 30.62mg (7.65%), Phosphorus: 64.59mg (6.46%), Copper: 0.09mg (4.43%), Vitamin A: 196.54IU (3.93%), Vitamin B2: 0.07mg (3.91%), Iron: 0.66mg (3.67%), Zinc: 0.53mg (3.54%), Calcium: 31.61mg (3.16%), Potassium: 98.6mg (2.82%), Vitamin B3: 0.45mg (2.26%), Vitamin B1: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.59%), Folate: 5.88µg (1.47%), Vitamin B5: 0.11mg (1.11%)