



Chocolate Almond Popcorn

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



25

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups roasted almonds salted
- 0.5 cup butter
- 0.3 cup cocoa powder
- 1 cup plus light
- 25 cups popped popcorn unsalted
- 2 teaspoons salt
- 1 cup sugar white

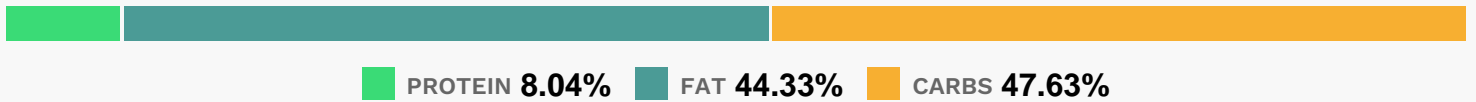
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 200 degrees F (95 degrees C).
- Mix together the sugar, corn syrup, butter, cocoa powder, and salt in a saucepan over medium-low heat until the mixture is smooth and begins to simmer.
- Place the popcorn into a very large bowl, mix with the almonds, and then pour the chocolate syrup over the mixture. Stir until all the popcorn and almonds are coated.
- Spread the chocolate popcorn out onto several large baking sheets in a single layer.
- Bake in the preheated oven until thoroughly dry, about 1 hour, stirring every 20 minutes or so to dry all sides of the popped corn. Allow to cool on the sheet, then transfer into sealed containers.

Nutrition Facts



Properties

Glycemic Index:8.62, Glycemic Load:12.36, Inflammation Score:-4, Nutrition Score:7.3926086659017%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 245.84kcal (12.29%), Fat: 12.91g (19.87%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 27.16g (9.88%), Sugar: 19.32g (21.47%), Cholesterol: 9.76mg (3.25%), Sodium: 225mg (9.78%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin E: 4.53mg (30.21%), Manganese: 0.55mg (27.42%), Magnesium: 66.7mg (16.67%), Fiber: 4.06g (16.23%), Phosphorus: 129.32mg (12.93%), Vitamin B2: 0.21mg (12.35%), Copper: 0.24mg (11.94%), Zinc: 1mg (6.65%), Iron: 1.11mg (6.19%), Calcium: 51.09mg (5.11%), Potassium: 176.47mg (5.04%), Vitamin B3: 0.9mg (4.48%), Vitamin B1: 0.06mg (3.7%), Folate: 11.37µg (2.84%), Vitamin A: 135.19IU (2.7%), Vitamin B6: 0.04mg (2.1%), Selenium: 1.02µg (1.45%), Vitamin B5: 0.14mg (1.44%)