



Chocolate Caramel Corn

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



2789 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups brown sugar
- 1.5 cups butter divided
- 2.5 cups plus light divided
- 4 cups milk chocolate chips
- 5 quarts popped popcorn
- 1 teaspoon vanilla extract

Equipment

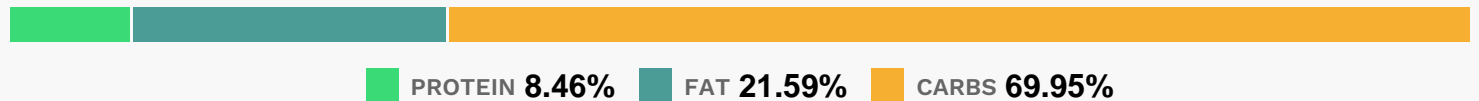
- sauce pan

- oven
- roasting pan

Directions

- Preheat oven to 250 degrees (120 degrees C). Coat a large roasting pan with cooking spray.
- Place the popcorn in the roasting pan and keep warm in the oven.
- In a heavy saucepan over medium heat, combine brown sugar, 1 cup butter and 1/2 cup corn syrup.
- Heat, without stirring, to 250 to 265 degrees F (121 to 129 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball.
- Remove from heat and stir in vanilla.
- Pour syrup over popcorn and stir to coat. Return popcorn to oven.
- In the same saucepan, combine chocolate chips with remaining 1/2 cup butter and 2 cups corn syrup. Cook, stirring, over medium heat, until chocolate is melted.
- Remove from heat and quickly pour over popcorn, stirring to coat.
- Return popcorn to oven for 30 to 40 minutes, stirring occasionally.
- Remove and pour out onto waxed paper lined sheets to cool completely.

Nutrition Facts



Properties

Glycemic Index:13.53, Glycemic Load:211.45, Inflammation Score:-10, Nutrition Score:42.927825940692%

Nutrients (% of daily need)

Calories: 2789.21kcal (139.46%), Fat: 69.84g (107.44%), Saturated Fat: 33.06g (206.61%), Carbohydrates: 509.21g (169.74%), Net Carbohydrates: 440.6g (160.22%), Sugar: 139.25g (154.73%), Cholesterol: 73.21mg (24.4%), Sodium: 317.9mg (13.82%), Alcohol: 0.14g (100%), Alcohol %: 0.03% (100%), Protein: 61.55g (123.11%), Fiber: 68.61g (274.44%), Manganese: 5.29mg (264.31%), Magnesium: 685.6mg (171.4%), Phosphorus: 1703.34mg (170.33%), Zinc: 14.99mg (99.93%), Iron: 15.31mg (85.05%), Copper: 1.25mg (62.69%), Vitamin B3: 10.97mg (54.85%), Potassium: 1811.09mg (51.75%), Vitamin B6: 0.76mg (37.8%), Folate: 148µg (37%), Vitamin B1: 0.54mg (36.28%), Vitamin A: 1778.34IU (35.57%), Vitamin B5: 2.49mg (24.9%), Vitamin B2: 0.4mg (23.81%), Vitamin E: 2.16mg (14.41%), Calcium: 128.2mg (12.82%), Vitamin K: 8.06µg (7.68%), Selenium: 1.29µg (1.84%)