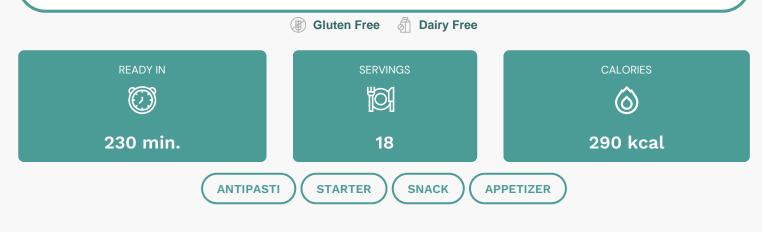


Chocolate-Covered Caramel Corn



Ingredients

12 cups popped popcorn
3 cups walnut halves whole
0.5 cup butter
1 cup brown sugar packed
0.3 cup plus light
0.5 teaspoon salt
0.5 teaspoon baking soda
0.5 cup semi chocolate chips white

Equipment	
	bowl
	sauce pan
	baking paper
	oven
	roasting pan
	aluminum foil
Di	rections
	Heat oven to 200°F.
	Remove any unpopped kernels from popcorn. In very large roasting pan or very large bowl, place popcorn and nuts, or divide popcorn and nuts between 2 ungreased 13x9-inch pans.
	In 2-quart saucepan, melt butter over medium heat. Stir in brown sugar, corn syrup and sal
	Heat to boiling, stirring occasionally. Continue cooking 5 minutes without stirring; remove from heat. Stir in baking soda until foamy.
	Pour sugar mixture over popcorn mixture; toss until evenly coated. If using bowl, transfer mixture to 2 ungreased 13x9-inch pans.
	Bake 1 hour, stirring every 15 minutes.
	Spread on foil or cooking parchment paper. Cool completely, about 30 minutes.
	In medium bowl, place 3 cups popcorn mixture. In 1-quart saucepan, melt chocolate chips over low heat, stirring constantly.
	Drizzle chocolate evenly over 3 cups popcorn mixture; toss gently to thoroughly coat popcorn.
	Spread in single layer on foil or cooking parchment paper. Cool about 2 hours or until chocolate is firm.
	Add chocolate-covered popcorn mixture to remaining popcorn mixture; toss gently to combine. Store tightly covered.

Nutrition Facts

Properties

Glycemic Index:5.85, Glycemic Load:4.05, Inflammation Score:-4, Nutrition Score:6.5900001059408%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg

Nutrients (% of daily need)

Calories: 290.04kcal (14.5%), Fat: 20.05g (30.84%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 23.92g (8.7%), Sugar: 17.9g (19.89%), Cholesterol: 0.3mg (0.1%), Sodium: 162.29mg (7.06%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 4.3mg (1.43%), Protein: 4.29g (8.58%), Manganese: 0.82mg (41.08%), Copper: 0.4mg (19.87%), Magnesium: 51.51mg (12.88%), Fiber: 2.77g (11.08%), Phosphorus: 108.66mg (10.87%), Iron: 1.2mg (6.69%), Zinc: 0.99mg (6.57%), Vitamin B6: 0.12mg (6.18%), Folate: 21.57µg (5.39%), Vitamin B1: 0.08mg (5.28%), Vitamin A: 246.32IU (4.93%), Potassium: 157.44mg (4.5%), Calcium: 35.42mg (3.54%), Vitamin E: 0.38mg (2.55%), Vitamin B2: 0.04mg (2.36%), Selenium: 1.56µg (2.22%), Vitamin B3: 0.44mg (2.22%), Vitamin B5: 0.19mg (1.85%)