



Chocolate-Covered Caramel Corn



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



18

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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

Directions

- ☐ 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 salt.
- ☐ 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



 PROTEIN **5.64%**  FAT **59.28%**  CARBS **35.08%**

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 %: 0% (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%)