



Chocolate Popcorn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 stick butter
- 2 tablespoons cocoa powder
- 0.5 cup plus light
- 8 cups popped popcorn
- 0.5 teaspoon salt
- 0.5 cup sugar

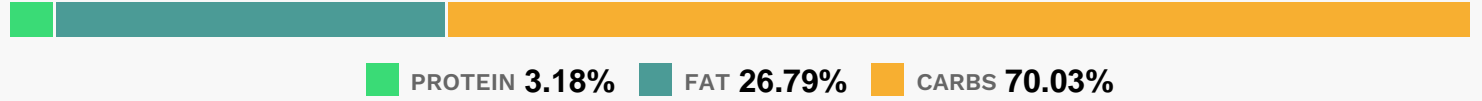
Equipment

- pot

Directions

- Over medium heat, using a 4 quart pot, combine the sugar, corn syrup, butter, cocoa, and salt and bring to a boil. Once the mixture is well mixed, add the popped corn. Cook and stir until popcorn is coated, approximately 2 minutes. Cool mixture and shape into 3-inch balls.

Nutrition Facts



Properties

Glycemic Index:25.68, Glycemic Load:16.46, Inflammation Score:-2, Nutrition Score:2.3313043564558%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 204.5kcal (10.22%), Fat: 6.48g (9.97%), Saturated Fat: 3.79g (23.71%), Carbohydrates: 38.12g (12.7%), Net Carbohydrates: 36.06g (13.11%), Sugar: 28.96g (32.18%), Cholesterol: 15.18mg (5.06%), Sodium: 205.24mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Manganese: 0.17mg (8.56%), Fiber: 2.06g (8.23%), Magnesium: 22.44mg (5.61%), Phosphorus: 50.25mg (5.03%), Vitamin A: 198.05IU (3.96%), Copper: 0.08mg (3.86%), Zinc: 0.53mg (3.5%), Iron: 0.53mg (2.96%), Vitamin B1: 0.03mg (1.69%), Potassium: 57.38mg (1.64%), Vitamin B3: 0.28mg (1.42%), Vitamin E: 0.2mg (1.31%), Folate: 4.02µg (1.01%)