

Chocolate Popcorn

 Vegetarian  Gluten Free  Popular

READY IN



105 min.

SERVINGS



4

CALORIES



2254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 0.3 cup cocoa powder
- 0.3 cup plus
- 2 quarts popped popcorn
- 0.8 cup sugar
- 1 teaspoon vanilla

Equipment

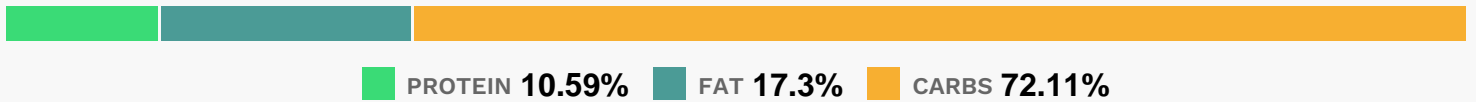
- bowl

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 250 degrees F (120 degrees C). Oil a 10x15 inch baking pan with sides.
- Place popcorn and peanuts into a large, metal bowl, and set aside. Stir together the sugar, corn syrup, cocoa powder, and butter in a saucepan over medium-high heat until it comes to a boil. Boil for 2 minutes. Stir in the vanilla, then pour over the popcorn. Stir until the popcorn is well coated.
- Spread the popcorn into the prepared pan.
- Bake in preheated oven for 30 minutes, stirring several times.
- Remove from the oven, and allow to cool to room temperature. Break into small clumps, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:51.36, Glycemic Load:228.29, Inflammation Score:-10, Nutrition Score:42.729130426179%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 2254.47kcal (112.72%), Fat: 45.39g (69.84%), Saturated Fat: 17.72g (110.72%), Carbohydrates: 425.58g (141.86%), Net Carbohydrates: 354.98g (129.08%), Sugar: 58.15g (64.61%), Cholesterol: 61.01mg (20.34%), Sodium: 235.11mg (10.22%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Caffeine: 12.36mg (4.12%), Protein: 62.52g (125.05%), Fiber: 70.6g (282.4%), Manganese: 5.48mg (273.82%), Magnesium: 709.1mg (177.27%), Phosphorus: 1740.29mg (174.03%), Zinc: 15.06mg (100.43%), Iron: 15.87mg (88.15%), Copper: 1.45mg (72.34%), Vitamin B3: 11.05mg (55.27%), Potassium: 1647.7mg (47.08%), Vitamin B6: 0.75mg (37.52%), Folate: 149.26µg (37.31%), Vitamin

B1: 0.51mg (34.03%), Vitamin A: 1636.52IU (32.73%), Vitamin B2: 0.42mg (24.91%), Vitamin B5: 2.46mg (24.58%),
Vitamin E: 2.04mg (13.57%), Vitamin K: 7.8µg (7.43%), Calcium: 50.07mg (5.01%), Selenium: 1.43µg (2.04%)