



Chocolate Stout Caramel Corn

READY IN



115 min.

SERVINGS



14

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups popped popcorn
- ☐ 1 cup almonds salted
- ☐ 0.5 cup porter
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup karo syrup
- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon salt
- ☐ 6 oz chocolate chopped

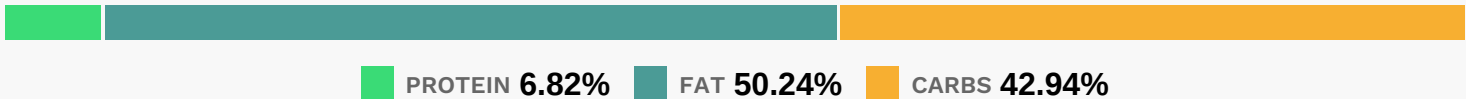
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Heat oven to 300°F. Line two 15x10x1-inch pans with foil. Spray foil with cooking spray.
- ☐ In large bowl, place popcorn and almonds; set aside.
- ☐ In 2-quart saucepan, heat beer over medium heat, stirring frequently, until reduced to 1/4 cup, about 6 minutes.
- ☐ Pour into glass liquid measuring cup to confirm measure.
- ☐ Add back to saucepan. Stir in brown sugar, syrup and butter. Cook over medium heat until bubbly around edges, stirring occasionally.
- ☐ Reduce heat to medium-low; cook about 5 minutes longer, stirring occasionally, until thickened and syrupy.
- ☐ Remove from heat; carefully stir in salt.
- ☐ Pour over popcorn mix in bowl; toss until evenly coated.
- ☐ Spread popcorn mixture in pans.
- ☐ Bake 20 minutes, stirring every 5 minutes, to caramelize mixture. Cool completely, about 1 hour. Break into pieces; stir in chocolate. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:12.07, Glycemic Load:5.58, Inflammation Score:-3, Nutrition Score:5.1852173325808%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 200.35kcal (10.02%), Fat: 11.97g (18.42%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 20.16g (7.33%), Sugar: 14.19g (15.77%), Cholesterol: 6.45mg (2.15%), Sodium: 68.79mg (2.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.02mg (2.67%), Protein: 3.65g (7.31%), Manganese: 0.37mg (18.3%), Vitamin E: 2.73mg (18.23%), Magnesium: 50.77mg (12.69%), Fiber: 2.86g (11.43%), Copper: 0.19mg (9.66%), Phosphorus: 90.37mg (9.04%), Vitamin B2: 0.15mg (8.93%), Iron: 0.94mg (5.24%), Zinc: 0.7mg (4.66%), Potassium: 136.74mg (3.91%), Calcium: 38.9mg (3.89%), Vitamin B3: 0.6mg (3.01%), Vitamin B1: 0.03mg (2%), Vitamin A: 87.39IU (1.75%), Folate: 6.94µg (1.73%), Vitamin B6: 0.03mg (1.54%), Selenium: 0.84µg (1.19%)