



## Chocolaty Caramel-Nut Popcorn

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



1136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup almonds sliced
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 1 cup chocolate chips
- ☐ 0.5 cup coconut or shredded
- ☐ 0.3 cup plus
- ☐ 7 ounce butter-flavored microwave popcorn

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

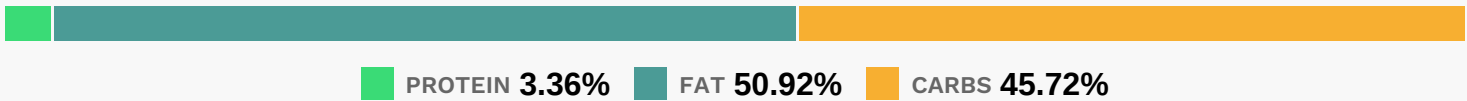
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Cook the popcorn according to manufacturer's directions, pour into a very large bowl, and set aside. Melt butter in a saucepan over medium heat. Stir in the brown sugar, salt, and corn syrup. Bring mixture to a boil, then reduce heat and simmer for 5 minutes, stirring constantly. Take the saucepan off of the heat, and carefully stir in the vanilla extract and baking soda.
- ☐ Pour the caramel over the popcorn and stir well.
- ☐ Add the chocolate chips and almonds, then stir until thoroughly mixed.
- ☐ Pour this mixture into two large, deep baking pans and sprinkle with the shredded coconut.
- ☐ Bake in preheated oven for 1 hour, stirring every 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:38.44, Glycemic Load:18.13, Inflammation Score:-7, Nutrition Score:15.814347908549%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg

Isorhamnetin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg  
Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

**Nutrients (% of daily need)**

Calories: 1136.12kcal (56.81%), Fat: 66.17g (101.8%), Saturated Fat: 33.81g (211.3%), Carbohydrates: 133.67g (44.56%),  
Net Carbohydrates: 124.88g (45.41%), Sugar: 97.35g (108.16%), Cholesterol: 61.01mg (20.34%), Sodium: 1310.09mg  
(56.96%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 9.83g (19.66%), Manganese: 1.09mg (54.41%),  
Vitamin E: 7.99mg (53.29%), Fiber: 8.79g (35.14%), Magnesium: 123.26mg (30.81%), Phosphorus: 259mg (25.9%),  
Copper: 0.41mg (20.36%), Potassium: 628.36mg (17.95%), Vitamin B2: 0.3mg (17.92%), Calcium: 162.52mg (16.25%),  
Vitamin A: 796.64IU (15.93%), Zinc: 2.08mg (13.88%), Iron: 2.49mg (13.84%), Vitamin B6: 0.21mg (10.35%), Selenium:  
6.57µg (9.39%), Vitamin B3: 1.72mg (8.59%), Vitamin B1: 0.09mg (5.91%), Folate: 21.56µg (5.39%), Vitamin K: 4.09µg  
(3.9%), Vitamin B5: 0.33mg (3.32%)