



Cinnamon Heart Popcorn

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



425 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter
- 0.5 cup plus light
- 8 cups popped popcorn
- 1.5 cups cinnamon candies red hot

Equipment

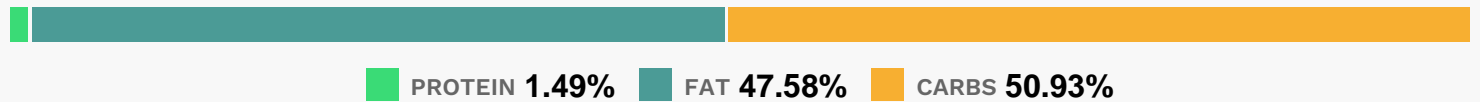
- bowl
- baking sheet
- baking paper

oven

Directions

- Preheat oven to 250 degrees F (120 degrees C). Line baking sheets with parchment paper.
- Combine butter, corn syrup, and cinnamon candies in a bowl over medium heat. Bring to a boil, and cook for 5 minutes.
- Pour the syrup over the popcorn in a large, heatproof bowl, and stir to cover the popcorn as evenly as possible.
- Spread the popcorn out onto the prepared baking sheets.
- Bake in the preheated oven until the candy coating is set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:7.74, Inflammation Score:-4, Nutrition Score:2.5934782391009%

Nutrients (% of daily need)

Calories: 425.47kcal (21.27%), Fat: 23.55g (36.24%), Saturated Fat: 14.65g (91.55%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 55.12g (20.05%), Sugar: 44.27g (49.19%), Cholesterol: 61.01mg (20.34%), Sodium: 196.54mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Vitamin A: 730.65IU (14.61%), Fiber: 1.6g (6.38%), Manganese: 0.12mg (6.12%), Phosphorus: 46.19mg (4.62%), Vitamin E: 0.69mg (4.6%), Magnesium: 16.62mg (4.16%), Zinc: 0.46mg (3.05%), Vitamin K: 2.12µg (2.02%), Iron: 0.36mg (1.98%), Vitamin B1: 0.03mg (1.7%), Copper: 0.03mg (1.44%), Vitamin B3: 0.27mg (1.33%), Potassium: 43.21mg (1.23%), Vitamin B2: 0.02mg (1.1%), Folate: 4.26µg (1.07%), Calcium: 10.35mg (1.04%)