



# Cinnamon Popcorn I

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



90 min.

SERVINGS



16

CALORIES



1940 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon baking soda
- 1 teaspoon cooking oil
- 0.5 cup corn syrup white
- 1 cup butter
- 8 quarts popped popcorn
- 1 drop food coloring red
- 1 teaspoon salt

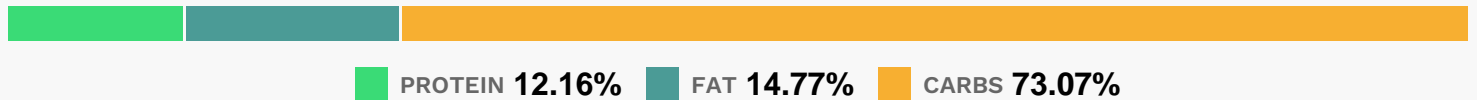
## Equipment

- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 200 degrees F (93 degrees C).
- In a medium saucepan over medium heat, combine corn syrup, margarine and salt.
- Heat to 242 to 248 degrees F (116 to 120 degrees C), or until a small amount of syrup dropped into cold water forms a firm but pliable ball.
- Remove from heat and stir in food coloring, cinnamon oil and baking soda.
- Pour over popcorn; toss to coat.
- Place popcorn on baking sheet and into preheated oven.
- Bake 1 hour, stirring every 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.15, Glycemic Load:199, Inflammation Score:-10, Nutrition Score:41.324782763324%

## Nutrients (% of daily need)

Calories: 1940.08kcal (97%), Fat: 33.22g (51.11%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 369.78g (123.26%), Net Carbohydrates: 301.04g (109.47%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 385.53mg (16.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.52g (123.03%), Fiber: 68.74g (274.96%), Manganese: 5.28mg (263.86%), Magnesium: 683.3mg (170.82%), Phosphorus: 1701.66mg (170.17%), Zinc: 14.6mg (97.33%), Iron: 15.12mg (84.01%), Copper: 1.24mg (62.13%), Vitamin B3: 11mg (55.02%), Potassium: 1574.87mg (45%), Vitamin B6: 0.75mg (37.51%), Folate: 147.79µg (36.95%), Vitamin B1: 0.5mg (33.19%), Vitamin A: 1435.01IU (28.7%), Vitamin B5: 2.46mg (24.61%), Vitamin B2: 0.4mg (23.56%), Vitamin E: 1.86mg (12.4%), Vitamin K: 5.88µg (5.6%), Calcium: 37.56mg (3.76%)