

Cinnamon Popcorn II



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons plus light
- ☐ 4.5 ounce cinnamon candies red hot
- ☐ 0.5 cup unpopped popcorn
- ☐ 2 tablespoons vegetable oil

Equipment

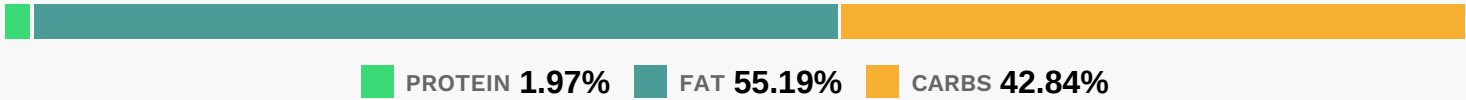
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ pot
- ☐ microwave

Directions

- ☐ Heat oil in a large pot or saucepan over medium-high heat.
- ☐ Pour in the popcorn, cover, and shake a couple of times to coat the kernels with oil. When the corn starts to pop, shake pan continuously until popping stops.
- ☐ Pour popped corn into a large paper bag.
- ☐ Combine the butter, corn syrup and red hot candies in a microwave safe bowl or saucepan.
- ☐ Heat, stirring occasionally until the candies have melted.
- ☐ Pour the hot syrup over the popped corn, and shake the bag for 1 minute, until completely coated. Cool, and serve.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:2.1604348006456%

Nutrients (% of daily need)

Calories: 242.07kcal (12.1%), Fat: 15.36g (23.63%), Saturated Fat: 7.88g (49.23%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 25.52g (9.28%), Sugar: 17.46g (19.4%), Cholesterol: 30.5mg (10.17%), Sodium: 95.35mg (4.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin A: 354.55IU (7.09%), Vitamin K: 7.25µg (6.9%), Fiber: 1.3g (5.21%), Manganese: 0.1mg (4.94%), Vitamin E: 0.63mg (4.22%), Phosphorus: 34.05mg (3.41%), Magnesium: 12.95mg (3.24%), Vitamin B1: 0.04mg (2.43%), Zinc: 0.32mg (2.13%), Iron: 0.32mg (1.75%), Folate: 6.78µg (1.7%), Vitamin B6: 0.03mg (1.5%), Copper: 0.02mg (1.17%)