



WHATSheATE



Cinnamon-Popcorn Snack



Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups butter-flavored microwave popcorn (from 3-oz bag)
- ☐ 5 cups corn flakes/bran flakes
- ☐ 1 cup roasted peanuts
- ☐ 1 cup raisins
- ☐ 0.5 cup plus light
- ☐ 0.3 cup honey
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon ground cinnamon

☐ 0.5 teaspoon vanilla

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

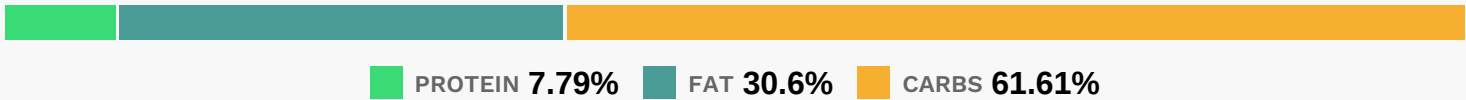
☐ oven

☐ wire rack

Directions

- ☐ Heat oven to 350°F.
- ☐ Remove and discard unpopped kernels from popped popcorn. In large bowl, mix popcorn, cereal, peanuts and raisins; set aside.
- ☐ In 1-quart saucepan, heat corn syrup, honey, butter and cinnamon to boiling.
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour over cereal mixture; toss until evenly coated.
- ☐ Spread in ungreased 15x10x1-inch pan.
- ☐ Bake 15 minutes, stirring occasionally. Cool pan on cooling rack, stirring occasionally. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:11.34, Glycemic Load:10.44, Inflammation Score:-5, Nutrition Score:7.0991304775943%

Nutrients (% of daily need)

Calories: 143.26kcal (7.16%), Fat: 5.28g (8.13%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 21.07g (7.66%), Sugar: 10.89g (12.1%), Cholesterol: 0mg (0%), Sodium: 116.61mg (5.07%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 3.03g (6.05%), Manganese: 0.49mg (24.6%), Folate: 64.09µg (16.02%), Iron: 2.72mg (15.13%), Vitamin B3: 2.43mg (12.15%), Fiber: 2.87g (11.47%), Vitamin B1: 0.14mg (9.35%), Vitamin B6: 0.18mg (9.04%), Magnesium: 35.19mg (8.8%), Vitamin B2: 0.14mg (8.08%), Phosphorus: 75.43mg

(7.54%), Selenium: 5.22µg (7.45%), Vitamin B12: 0.42µg (6.96%), Copper: 0.11mg (5.47%), Vitamin A: 256.58IU (5.13%), Potassium: 160.49mg (4.59%), Zinc: 0.67mg (4.49%), Vitamin D: 0.28µg (1.83%), Vitamin B5: 0.17mg (1.71%), Calcium: 14.06mg (1.41%), Vitamin E: 0.21mg (1.37%)