

# Cinnamon-Sugar Popcorn

☒ Vegetarian ☒ Gluten Free

READY IN

ready

105 min.

SERVINGS

servings

8

CALORIES

calories

211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup butter
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1 cup unpopped popcorn
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

## Equipment

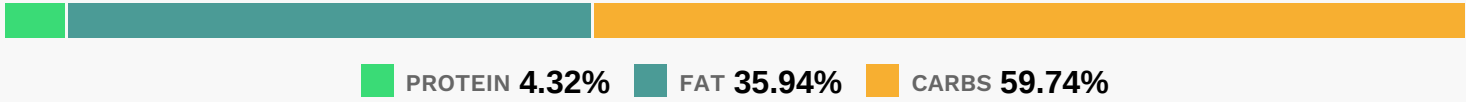
- ☐ sauce pan

- ☐ oven
- ☐ mixing bowl
- ☐ roasting pan

## Directions

- ☐ Preheat an oven to 250 degrees F (120 degrees C). Pop the popcorn using an air popper according to manufacturer's directions.
- ☐ Place into a large mixing bowl, and set aside.
- ☐ Melt the butter in a small saucepan over medium heat. Stir in the sugar, cinnamon, salt, and vanilla, and cook until thick and bubbly.
- ☐ Pour over the popcorn, and stir until the popcorn is evenly coated.
- ☐ Spread the popcorn into a large roasting pan.
- ☐ Bake in the preheated oven 10 minutes, then turn the heat off, and allow the popcorn to stay in the oven 20 minutes longer.
- ☐ Remove from oven, and cool completely before serving.

## Nutrition Facts



## Properties

Glycemic Index:15.64, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:3.2008695312492%

## Nutrients (% of daily need)

Calories: 210.81kcal (10.54%), Fat: 8.61g (13.25%), Saturated Fat: 4.99g (31.22%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 29.34g (10.67%), Sugar: 16.87g (18.74%), Cholesterol: 20.34mg (6.78%), Sodium: 207.83mg (9.04%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 2.33g (4.66%), Manganese: 0.29mg (14.32%), Fiber: 2.87g (11.48%), Magnesium: 25.74mg (6.43%), Phosphorus: 63.9mg (6.39%), Vitamin A: 237.84IU (4.76%), Vitamin B1: 0.07mg (4.37%), Zinc: 0.58mg (3.89%), Iron: 0.68mg (3.76%), Folate: 13.02µg (3.26%), Vitamin B6: 0.06mg (3.01%), Copper: 0.05mg (2.49%), Vitamin E: 0.28mg (1.88%), Potassium: 61.33mg (1.75%), Vitamin B3: 0.34mg (1.7%)