



Cocoa-Cinnamon Popcorn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons cinnamon
- 0.3 cup plus light
- 0.3 cup brown sugar light packed
- 10 cup freshly popped popcorn
- 0.5 teaspoon salt
- 0.3 cup condensed milk sweetened
- 3 tablespoons butter unsalted
- 3 tablespoons cocoa powder unsweetened

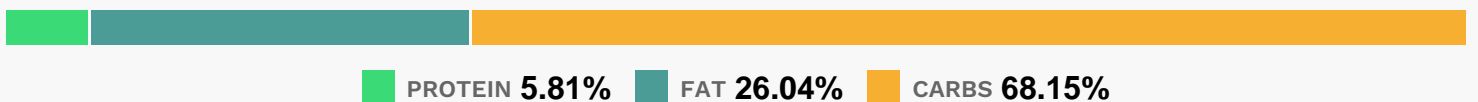
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil
- pastry brush
- candy thermometer

Directions

- Preheat oven to 250F. Line 2 baking sheets with foil and mist with cooking spray.
- In a small saucepan, combine butter, sugar, corn syrup and condensed milk over medium heat. Affix a candy thermometer to side of pan, taking care not to let it touch the bottom. Stir until sugar dissolves.
- Brush down sides of pan with a wet pastry brush and cook until mixture registers 238F, about 8 minutes.
- Remove from heat and stir in cinnamon, cocoa and salt. (
- Mixture will be thick.)
- In a large bowl, pour cocoa-caramel mixture over popcorn, and stir to coat thoroughly. Divide mixture between 2 sheets and spread into a single layer.
- Bake popcorn for 30 minutes, stirring every 10 minutes, until coating has hardened.
- Let cool on sheets on wire racks, then break up any clumps and store at room temperature in an airtight container for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:5.62, Inflammation Score:-1, Nutrition Score:2.4252173945956%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 103.74kcal (5.19%), Fat: 3.21g (4.93%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 17.02g (6.19%), Sugar: 11.98g (13.31%), Cholesterol: 7.75mg (2.58%), Sodium: 90.07mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Manganese: 0.26mg (13.17%), Fiber: 1.86g (7.43%), Phosphorus: 47.88mg (4.79%), Magnesium: 17.91mg (4.48%), Copper: 0.06mg (3.17%), Calcium: 29.81mg (2.98%), Iron: 0.49mg (2.7%), Zinc: 0.39mg (2.57%), Vitamin A: 100.32IU (2.01%), Potassium: 68.94mg (1.97%), Vitamin B2: 0.03mg (1.82%), Selenium: 1.05µg (1.5%), Vitamin B1: 0.02mg (1.11%), Vitamin B3: 0.22mg (1.09%)