



Corny Candy Popcorn Balls



Dairy Free

READY IN



30 min.

SERVINGS



25

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 2.5 cups candy corn
- ☐ 2 cups chocolate graham cracker crumbs bear-shaped
- ☐ 50 large marshmallows
- ☐ 20 cups popped popcorn

Equipment

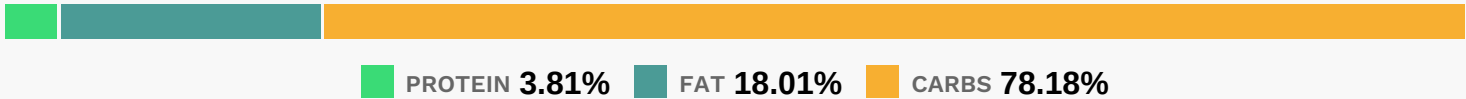
- ☐ bowl
- ☐ plastic wrap

- ☐ wax paper
- ☐ dutch oven

Directions

- ☐ Combine marshmallows and butter in a Dutch oven. Cook over medium-low heat until melted and smooth, stirring occasionally.
- ☐ Remove from heat.
- ☐ Combine popcorn and graham cracker cookies in a big bowl.
- ☐ Pour marshmallow mixture over popcorn mixture, tossing to coat. Stir in candy corn. Spray hands with cooking spray, and shape popcorn mixture into 3-inch balls, pressing together firmly. Cool on wax paper. Wrap balls in plastic wrap. Store in an airtight container up to 3 days.

Nutrition Facts



Properties

Glycemic Index:5.07, Glycemic Load:10.58, Inflammation Score:-1, Nutrition Score:1.3534782492434%

Nutrients (% of daily need)

Calories: 195.64kcal (9.78%), Fat: 3.98g (6.12%), Saturated Fat: 0.78g (4.84%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 37.58g (13.67%), Sugar: 24.43g (27.14%), Cholesterol: 0mg (0%), Sodium: 111.34mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Fiber: 1.29g (5.16%), Manganese: 0.1mg (4.95%), Phosphorus: 33.32mg (3.33%), Magnesium: 13.04mg (3.26%), Vitamin A: 125.51IU (2.51%), Zinc: 0.28mg (1.84%), Copper: 0.04mg (1.83%), Iron: 0.31mg (1.74%), Vitamin B3: 0.21mg (1.07%)