

Cracky Snack

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



15

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon baking soda
- 3 tablespoons plus light
- 1 cup t brown sugar dark packed
- 2 tablespoons blackstrap molasses dark such as grandma's robust
- 15 cups popped popcorn plain (from)
- 0.8 cup roasted peanuts salted
- 0.8 teaspoon salt fine
- 6 tablespoons butter unsalted plus more for coating the pan cut into 6 pieces, ()

- 0.8 teaspoon vanilla extract

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- roasting pan
- spatula

Directions

- Heat the oven to 250°F and arrange a rack in the middle. Coat a large roasting pan with butter.
- Place the popcorn and peanuts in the pan and stir to combine; set aside.
- Place the brown sugar, measured butter, corn syrup, molasses, and salt in a medium heavy-bottomed saucepan over medium heat and bring to a boil, stirring occasionally with a rubber spatula until the sugar has dissolved, about 5 minutes. Continue to boil without stirring for 3 minutes.
- Remove from the heat, add the vanilla and baking soda, and whisk until the caramel is light in color, foamy, and has doubled in volume, about 10 seconds. Immediately drizzle over the popcorn and peanuts, stir with the rubber spatula until thoroughly coated, and spread into an even layer.
- Bake, stirring with the rubber spatula every 15 minutes and scraping up any caramel from the bottom of the pan, until a cooled piece of popcorn is very crunchy, about 45 minutes total. (To test for doneness, take a few pieces of popcorn out of the oven and let cool for 30 seconds. If they're crunchy, then the Cracky Snack is done.)
- Transfer the Cracky Snack to a work surface or rimmed baking sheet to cool completely (it will crisp as it cools). Store in an airtight container at room temperature for up to 1 week.

Nutrition Facts



■ PROTEIN 6.72% ■ FAT 36.94% ■ CARBS 56.34%

Properties

Glycemic Index:8.62, Glycemic Load:6.14, Inflammation Score:-3, Nutrition Score:3.8343478480111%

Nutrients (% of daily need)

Calories: 201.48kcal (10.07%), Fat: 8.63g (13.28%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 27.39g (9.96%), Sugar: 19.72g (21.91%), Cholesterol: 12.04mg (4.01%), Sodium: 175.46mg (7.63%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Protein: 3.53g (7.07%), Manganese: 0.35mg (17.28%), Magnesium: 36.06mg (9.02%), Fiber: 2.24g (8.98%), Phosphorus: 70.4mg (7.04%), Vitamin B3: 1.39mg (6.94%), Copper: 0.1mg (4.9%), Potassium: 152.99mg (4.37%), Iron: 0.75mg (4.16%), Zinc: 0.52mg (3.48%), Vitamin A: 161.5IU (3.23%), Folate: 12.92µg (3.23%), Vitamin B6: 0.06mg (3%), Calcium: 27.72mg (2.77%), Vitamin B1: 0.04mg (2.57%), Vitamin B5: 0.2mg (2.05%), Selenium: 1.29µg (1.84%), Vitamin E: 0.16mg (1.08%), Vitamin B2: 0.02mg (1.03%)