



Cranberry and White Chocolate Caramel Corn

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



15

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 cups popped popcorn
- 1 cup brown sugar packed
- 0.5 cup butter
- 0.3 cup plus light
- 0.5 teaspoon salt
- 0.5 teaspoon baking soda
- 2 cups cranberries dried sweetened
- 1.5 cups peppermint candies white

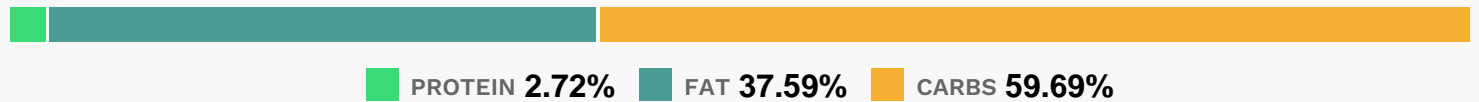
Equipment

- frying pan
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 200°F. Divide popcorn between 2 ungreased 13x9-inch pans.
- In 3-quart heavy saucepan, heat brown sugar, butter, corn syrup and salt over medium heat, stirring occasionally, until bubbly around edges. Cook 5 minutes longer, stirring occasionally; remove from heat. Stir in baking soda.
- Pour caramel mixture over popcorn; stir until well coated.
- Add 1 cup cranberries and 3/4 cup baking chips to each pan; toss until well coated.
- Bake 1 hour, stirring every 15 minutes.
- Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:4.53, Inflammation Score:-2, Nutrition Score:2.3960869569817%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 338.52kcal (16.93%), Fat: 14.86g (22.86%), Saturated Fat: 8.34g (52.11%), Carbohydrates: 53.08g (17.69%), Net Carbohydrates: 50.95g (18.53%), Sugar: 43.84g (48.71%), Cholesterol: 0mg (0%), Sodium: 209.16mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Fiber: 2.13g (8.53%), Manganese: 0.15mg (7.52%), Vitamin A: 287.91IU (5.76%), Calcium: 52.79mg (5.28%), Vitamin E: 0.6mg (4%), Magnesium: 14.92mg (3.73%),

Phosphorus: 35.12mg (3.51%), Iron: 0.45mg (2.49%), Zinc: 0.32mg (2.11%), Copper: 0.04mg (2.01%), Potassium: 59.63mg (1.7%), Vitamin B3: 0.31mg (1.55%), Vitamin B6: 0.03mg (1.33%), Vitamin K: 1.33µg (1.27%), Vitamin B5: 0.11mg (1.06%), Vitamin B1: 0.02mg (1.02%)