



WHATSheATE



Cranberry and White Chocolate Caramel Corn



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



15

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

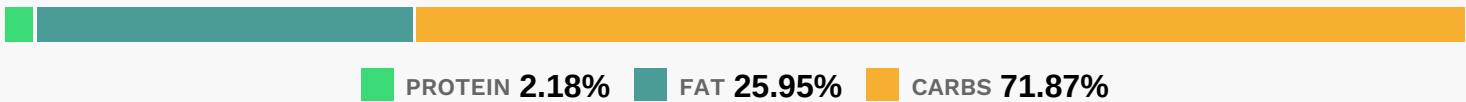
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200F. 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:-3, Nutrition Score:2.5634782623662%

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: 269.96kcal (13.5%), Fat: 6.69g (10.29%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.56g (14.38%), Sugar: 33.03g (36.7%), Cholesterol: 0mg (0%), Sodium: 196.36mg (8.54%), Alcohol: 7.16g (100%), Alcohol %: 12.25% (100%), Protein: 1.26g (2.53%), Manganese: 0.2mg (9.91%), Fiber: 2.13g (8.53%), Vitamin A: 287.91IU (5.76%), Magnesium: 17.42mg (4.36%), Vitamin E: 0.6mg (4%), Phosphorus: 36.37mg

(3.64%), Copper: 0.06mg (2.76%), Iron: 0.47mg (2.63%), Potassium: 90.41mg (2.58%), Zinc: 0.34mg (2.26%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.4mg (1.99%), Calcium: 19.59mg (1.96%), Vitamin B6: 0.03mg (1.6%), Vitamin K: 1.33µg (1.27%), Vitamin B1: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.13%)