



Crazy Mixed-Up Popcorn

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 cups oat cereal o-shaped toasted
- ☐ 0.3 cup plus light
- ☐ 3 cups rice cereal squares crisp
- ☐ 1.5 cups roasted peanuts dry
- ☐ 1 cup pecans

- ☐ 6 cups popped popcorn
- ☐ 1 teaspoon vanilla extract

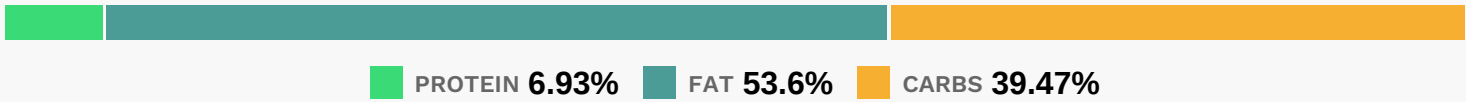
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ candy thermometer

Directions

- ☐ Stir together first 5 ingredients in a lightly greased roasting pan.
- ☐ Bring brown sugar, butter, and corn syrup to a boil in a 3-quart saucepan over medium heat, stirring constantly; boil, without stirring, 5 minutes or until a candy thermometer registers 25
- ☐ Remove from heat; stir in vanilla and soda.
- ☐ Pour over popcorn mixture, and stir until coated.
- ☐ Bake at 250 for 1 hour, stirring every 20 minutes. Cool in pan on a wire rack; break apart. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.81, Glycemic Load:2.9, Inflammation Score:-5, Nutrition Score:8.5691305243451%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

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Nutrients (% of daily need)

Calories: 328.92kcal (16.45%), Fat: 20.58g (31.66%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 30.95g (11.25%), Sugar: 21.23g (23.59%), Cholesterol: 0mg (0%), Sodium: 185.57mg (8.07%), Alcohol: 0.1g (100%), Alcohol %: 0.19% (100%), Protein: 5.99g (11.98%), Manganese: 0.85mg (42.74%), Vitamin B3: 3.21mg (16.06%), Magnesium: 51.19mg (12.8%), Fiber: 3.14g (12.56%), Folate: 46.58µg (11.65%), Phosphorus: 114.72mg (11.47%), Copper: 0.2mg (10.17%), Zinc: 1.42mg (9.47%), Vitamin B1: 0.14mg (9.45%), Iron: 1.69mg (9.41%), Vitamin A: 402.56IU (8.05%), Vitamin B6: 0.16mg (7.98%), Vitamin E: 1.18mg (7.88%), Potassium: 197.74mg (5.65%), Selenium: 3.19µg (4.56%), Calcium: 42.47mg (4.25%), Vitamin B5: 0.38mg (3.75%), Vitamin B2: 0.06mg (3.68%), Vitamin B12: 0.21µg (3.52%)