



Dad's Caramel Popcorn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



1611 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 2 cups brown sugar packed
- 1 cup butter
- 0.5 cup plus light
- 6 qts popped popcorn
- 1 teaspoon salt
- 1 teaspoon vanilla extract

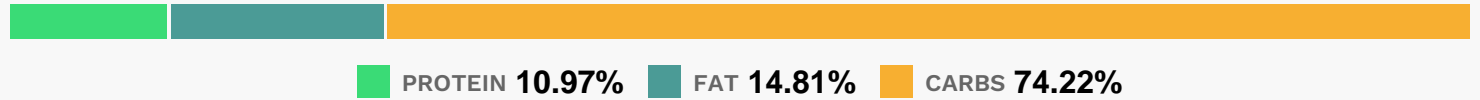
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Melt butter in a saucepan over medium heat. Stir in brown sugar, corn syrup and salt. Bring to a boil, stirring constantly. Boil for 5 minutes without stirring; remove from heat.
- Add baking soda and vanilla; mix well.
- Place popcorn in an extra-large bowl; pour mixture over popcorn, stirring to coat well.
- Spread popcorn on lightly greased baking sheets.
- Bake at 250 degrees for 15 minutes. Stir; bake for an additional 15 minutes. Cool; store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.46, Glycemic Load:150.81, Inflammation Score:-10, Nutrition Score:35.612174185722%

Nutrients (% of daily need)

Calories: 1610.5kcal (80.52%), Fat: 27.64g (42.52%), Saturated Fat: 9.32g (58.22%), Carbohydrates: 311.65g (103.89%), Net Carbohydrates: 260.2g (94.62%), Sugar: 37.99g (42.21%), Cholesterol: 30.5mg (10.17%), Sodium: 313.49mg (13.63%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 46.08g (92.15%), Fiber: 51.46g (205.83%), Manganese: 3.97mg (198.42%), Magnesium: 513.93mg (128.48%), Phosphorus: 1275mg (127.5%), Zinc: 11mg (73.33%), Iron: 11.52mg (64%), Copper: 0.94mg (47.15%), Vitamin B3: 8.23mg (41.14%), Potassium: 1208.05mg (34.52%), Vitamin B6: 0.57mg (28.45%), Folate: 110.71µg (27.68%), Vitamin B1: 0.38mg (25.07%), Vitamin A: 1050.12IU (21%), Vitamin B5: 1.86mg (18.62%), Vitamin B2: 0.3mg (17.62%), Vitamin E: 1.36mg (9.06%), Calcium: 52.57mg (5.26%), Vitamin K: 5.25µg (5%)