



Delicious Popcorn Crunch

 **Gluten Free**

READY IN



85 min.

SERVINGS



15

CALORIES



362 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter
- 0.5 cup candy-coated milk chocolate pieces (such as M&M's®)
- 0.5 cup plus light white crown® (such as Lily)
- 1 cup cranberries dried
- 1 cup pecans chopped
- 15 cups popped popcorn plain
- 1 teaspoon vanilla extract
- 0.5 teaspoon vinegar

1.3 cups sugar white

Equipment

bowl

baking sheet

sauce pan

aluminum foil

Directions

Line baking sheets with aluminum foil.

Combine popcorn, cranberries, pecans, and chocolate pieces together in a bowl.

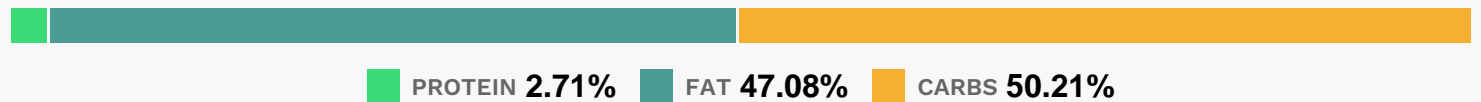
Stir sugar, butter, corn syrup, and vanilla extract together in a heavy saucepan; cook and stir over medium-high heat until boiling, about 5 minutes. Boil mixture for 2 minutes.

Remove saucepan from heat and stir in vinegar.

Pour sugar mixture over popcorn mixture; mix until evenly coated.

Spread coated popcorn mixture onto prepared baking sheets; cool. Break into pieces and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:17.69, Glycemic Load:18.73, Inflammation Score:-3, Nutrition Score:4.1765218059654%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 362.39kcal (18.12%), Fat: 19.79g (30.45%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 44.58g (16.21%), Sugar: 37.1g (41.22%), Cholesterol: 33.58mg (11.19%), Sodium: 110.56mg (4.81%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 2.56g (5.13%), Manganese: 0.47mg (23.61%), Fiber: 2.91g (11.63%), Vitamin A: 419.34IU (8.39%), Phosphorus: 63.81mg (6.38%), Magnesium: 25.41mg (6.35%), Copper: 0.12mg (6.13%), Zinc: 0.74mg (4.95%), Vitamin B1: 0.07mg (4.53%), Vitamin E: 0.65mg (4.36%), Iron: 0.66mg (3.69%), Potassium: 74.44mg (2.13%), Calcium: 19.95mg (2%), Vitamin K: 2.06µg (1.96%), Vitamin B3: 0.39mg (1.95%), Vitamin B6: 0.04mg (1.81%), Vitamin B2: 0.03mg (1.74%), Vitamin B5: 0.15mg (1.53%), Folate: 5.46µg (1.37%)