



Dulce de Leche Popcorn Balls

 Gluten Free

READY IN



25 min.

SERVINGS



20

CALORIES



81 kcal

DESSERT

Ingredients

- ☐ 6 cups popped popcorn
- ☐ 2 cups dulce de leche
- ☐ 1 cup marshmallows
- ☐ 4 tablespoons butter
- ☐ 0.8 cup chocolate chips dark

Equipment

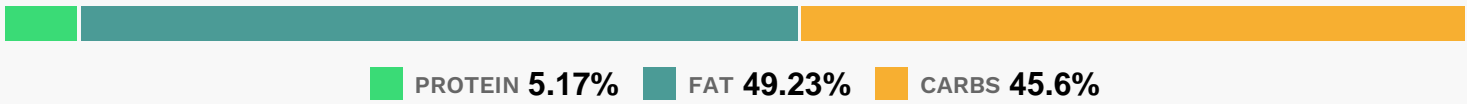
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ In large bowl, mix popcorn and cereal; set aside. In 1-quart saucepan, melt marshmallows and 3 tablespoons of the butter over low heat, stirring occasionally, until marshmallows are melted and mixture is smooth.
- ☐ Pour over popcorn mixture; stir until well blended. Spray hands with cooking spray. Shape popcorn mixture into 20 (2-inch) balls; place on ungreased cookie sheet.
- ☐ In small microwavable bowl, microwave remaining butter and the chocolate chips uncovered on High about 30 seconds, stirring every 15 seconds, until melted and smooth; cool 2 minutes. In 1-pint resealable food-storage plastic bag, carefully spoon melted chocolate; seal bag.
- ☐ Cut small opening diagonally across bottom corner of bag; pipe chocolate over tops and sides of popcorn balls.
- ☐ Let stand 5 minutes or until chocolate sets. Wrap individually in plastic wrap, or in food-storage plastic bags; tie with ribbon or raffia.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:3.23, Inflammation Score:-1, Nutrition Score:1.1765217542972%

Nutrients (% of daily need)

Calories: 81.28kcal (4.06%), Fat: 4.53g (6.97%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.71g (3.17%), Sugar: 4.49g (4.99%), Cholesterol: 0.07mg (0.02%), Sodium: 36.89mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Fiber: 0.74g (2.95%), Manganese: 0.05mg (2.32%), Zinc: 0.34mg (2.28%), Calcium: 21.64mg (2.16%), Vitamin A: 107.3IU (2.15%), Phosphorus: 21.26mg (2.13%), Magnesium: 7.34mg (1.84%), Potassium: 54.95mg (1.57%), Vitamin E: 0.2mg (1.35%), Copper: 0.02mg (1.23%), Iron: 0.2mg (1.12%)