



Favorite Popcorn Balls

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



297 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 1 cup blackstrap molasses
- 0.5 teaspoon salt
- 2 cups unpopped popcorn
- 4 tablespoons vegetable oil
- 1 cup sugar white

Equipment

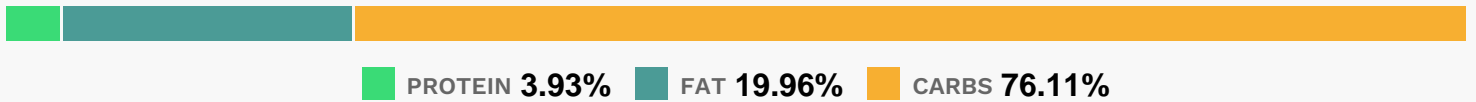
- bowl

- frying pan
- sauce pan
- kitchen thermometer
- candy thermometer

Directions

- Add 1 tablespoon of the oil to a 4 quart saucepan, and heat over high heat. When oil is hot, add 1/2 cup of popping corn. Keep pan moving constantly. When corn stops popping, remove from heat. Repeat until all corn has been popped.
- Place popped corn into a buttered bowl.
- In 2 quart saucepan, melt butter. Stir in sugar, molasses, and salt. Insert a candy thermometer in saucepan and boil sugar mixture on medium heat until the thermometer reads 260 degrees F(126 degrees C).
- Pour syrup over corn, while stirring popcorn thoroughly. Butter hands lightly. Shape popcorn into 12 to 14 balls.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:20.87, Inflammation Score:-4, Nutrition Score:7.8921739056544%

Nutrients (% of daily need)

Calories: 296.55kcal (14.83%), Fat: 6.74g (10.37%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 57.81g (19.27%), Net Carbohydrates: 54.33g (19.76%), Sugar: 37.86g (42.07%), Cholesterol: 2.51mg (0.84%), Sodium: 116.87mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Manganese: 0.69mg (34.69%), Magnesium: 101.61mg (25.4%), Fiber: 3.47g (13.89%), Potassium: 485.54mg (13.87%), Vitamin B6: 0.27mg (13.35%), Iron: 2.17mg (12.04%), Copper: 0.2mg (10.02%), Phosphorus: 90.71mg (9.07%), Vitamin K: 8.42µg (8.02%), Selenium: 5.11µg (7.3%), Vitamin B1: 0.1mg (6.55%), Calcium: 59.44mg (5.94%), Zinc: 0.84mg (5.57%), Folate: 16.98µg (4.25%), Vitamin B3: 0.7mg (3.49%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.47mg (3.11%)