



Festive JELL-O Popcorn Balls

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



140 kcal

Ingredients

- 0.3 cup butter
- 3 oz jell-o gelatin
- 10 oz marshmallows jet-puffed miniature
- 12 cups popped popcorn

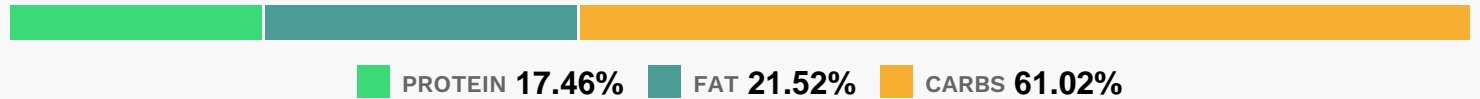
Equipment

- bowl
- microwave

Directions

- Microwave butter and marshmallows in large microwaveable bowl on HIGH 1-1/2 to 2 min. or until marshmallows are puffed.
- Add dry gelatin mix; stir until blended.
- Add to popcorn in large bowl; toss to coat.
- Shape into 16 balls with greased or moistened hands. Cool completely.

Nutrition Facts



Properties

Glycemic Index:8.46, Glycemic Load:12.99, Inflammation Score:-2, Nutrition Score:1.9499999769842%

Nutrients (% of daily need)

Calories: 140.35kcal (7.02%), Fat: 3.49g (5.37%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 20.96g (7.62%), Sugar: 10.96g (12.18%), Cholesterol: 0mg (0%), Sodium: 62.61mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Copper: 0.16mg (8.2%), Manganese: 0.11mg (5.27%), Fiber: 1.29g (5.18%), Selenium: 2.56µg (3.66%), Phosphorus: 36.1mg (3.61%), Magnesium: 14.41mg (3.6%), Vitamin A: 152.58IU (3.05%), Iron: 0.39mg (2.15%), Zinc: 0.29mg (1.91%), Vitamin B2: 0.02mg (1.29%), Folate: 4.66µg (1.16%), Vitamin B3: 0.22mg (1.12%)