



 3%
HEALTH SCORE

Nutted Popcorn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



474 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup almonds whole
- 0.5 cup butter
- 1 tablespoon chili powder
- 1 teaspoon cinnamon
- 1 cup plus light
- 2 cups pecans
- 8 cups popped popcorn
- 0.5 cup pumpkin seeds

- 1.5 cups sugar
- 1 teaspoon vanilla

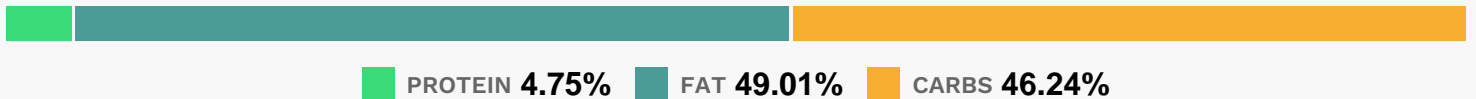
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 250 F.
- Combine the popcorn, pecans, almonds, pumpkin seeds, chili powder, and cinnamon on 1 or 2 large baking sheets and place in the oven to warm through. Meanwhile, combine the sugar, corn syrup, and butter in a medium saucepan and heat to boiling. Without stirring, cook over medium-high heat about 10 minutes or until the syrup turns a rich brown and a few drops of it form stiff threads in a cup of cold water. Stir in the vanilla.
- Remove baking sheet from oven and pour the syrup over the popcorn. Toss quickly with a spoon. Cool and break into pieces.

Nutrition Facts



Properties

Glycemic Index:20.04, Glycemic Load:24.88, Inflammation Score:-6, Nutrition Score:10.699565268081%

Flavonoids

Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 474.04kcal (23.7%), Fat: 27.37g (42.1%), Saturated Fat: 6.62g (41.4%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 53.49g (19.45%), Sugar: 48.15g (53.5%), Cholesterol: 20.34mg (6.78%), Sodium: 90.56mg (3.94%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 5.97g (11.94%), Manganese: 1.26mg (62.99%), Vitamin E: 3.84mg (25.59%), Magnesium: 80.09mg (20.02%), Copper: 0.38mg (19.25%), Fiber: 4.62g (18.47%), Phosphorus: 166.55mg (16.66%), Zinc: 1.72mg (11.48%), Vitamin B1: 0.17mg (11.15%), Vitamin B2: 0.18mg (10.71%), Vitamin A: 458.68IU (9.17%), Iron: 1.47mg (8.18%), Potassium: 217.96mg (6.23%), Calcium: 55.47mg (5.55%), Vitamin B3: 1.01mg (5.06%), Vitamin B6: 0.08mg (4.04%), Folate: 13.17µg (3.29%), Selenium: 1.95µg (2.79%), Vitamin B5: 0.27mg (2.73%), Vitamin K: 2.28µg (2.17%)