

# Gelatin-Flavored Popcorn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup butter
- 1 tablespoon plus
- 3 ounce fruit jell-o® mix flavored
- 10 cups popped popcorn
- 0.8 cup sugar
- 3 tablespoons water

## Equipment

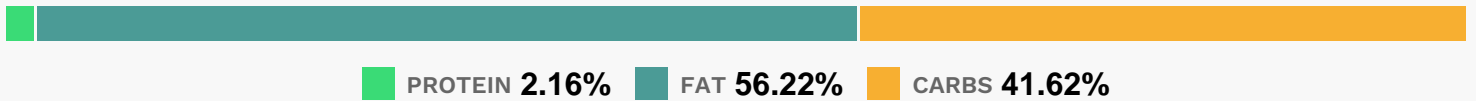
- frying pan

- sauce pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 300 degrees F (150 degrees C). Grease a 1/4 sheet pan or two 8x12 inch baking dishes. Generously butter a heavy 2 quart saucepan.
- Distribute popcorn evenly in prepared baking pans.
- Place in oven to keep warm.
- In prepared saucepan over medium heat, combine butter, sugar, gelatin, corn syrup and water.
- Heat to 250 to 265 degrees F (121 to 129 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball.
- Pour mixture evenly over popcorn and stir until coated. Return popcorn to oven and bake 5 minutes; stir, then bake 5 minutes more.
- Turn popcorn out onto a large piece of foil.
- Let rest until cool enough to handle, then form into balls. Or let cool completely and break into clusters. Store in an airtight container, in a cool, dry place.

## Nutrition Facts



## Properties

Glycemic Index:20.54, Glycemic Load:15.43, Inflammation Score:-4, Nutrition Score:2.4973913107229%

## Nutrients (% of daily need)

Calories: 294.9kcal (14.75%), Fat: 18.96g (29.17%), Saturated Fat: 11.73g (73.32%), Carbohydrates: 31.58g (10.53%), Net Carbohydrates: 29.62g (10.77%), Sugar: 20.84g (23.16%), Cholesterol: 48.81mg (16.27%), Sodium: 153.51mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin A: 595.3IU (11.91%), Fiber: 1.96g (7.84%), Manganese: 0.12mg (6.15%), Phosphorus: 44.83mg (4.48%), Magnesium: 16.36mg (4.09%), Vitamin E: 0.56mg (3.72%), Iron: 0.56mg (3.11%), Zinc: 0.37mg (2.47%), Calcium: 18.1mg (1.81%), Vitamin K: 1.72µg (1.64%),

Copper: 0.03mg (1.53%), Vitamin B3: 0.26mg (1.32%), Potassium: 41.96mg (1.2%), Vitamin B2: 0.02mg (1.16%),  
Folate: 4.09µg (1.02%)