



## Gold-Dusted White Chocolate Popcorn

 **Gluten Free**  **Dairy Free**

READY IN



**10 min.**

SERVINGS



**10**

CALORIES



**357 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup cranberries dried
- 10 servings edible gold dust
- 0.5 teaspoon ground cinnamon
- 3.3 oz butter-flavored microwave popcorn
- 1 cup nuts mixed salted
- 12 oz chocolate chips white

### Equipment

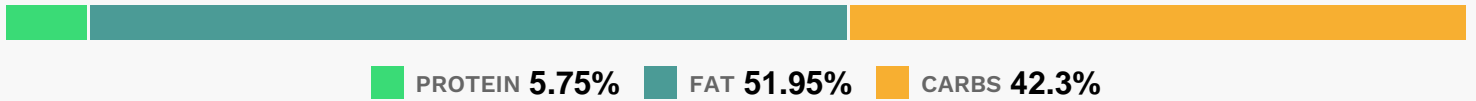
- bowl

- frying pan
- microwave
- measuring cup

## Directions

- Place popcorn in a large bowl, discarding unpopped kernels. Stir in nuts and cranberries.
- Microwave white chocolate morsels in a 2-cup glass measuring cup at HIGH 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- Pour over popcorn mixture, stirring until evenly coated.
- Spread mixture in a 15- x 10-inch jelly-roll pan.
- Sprinkle evenly with cinnamon.
- Let stand 15 minutes or until chocolate hardens.
- Sprinkle with gold dust. Break into pieces; serve immediately, or store in an airtight container up to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:16.94, Glycemic Load:17.53, Inflammation Score:-2, Nutrition Score:6.2043478333432%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 356.81kcal (17.84%), Fat: 21.37g (32.88%), Saturated Fat: 8.99g (56.18%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 36.14g (13.14%), Sugar: 28.9g (32.11%), Cholesterol: 7.14mg (2.38%), Sodium: 104.34mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.65%), Manganese: 0.4mg (20.08%), Phosphorus: 147.68mg (14.77%), Fiber: 3g (12.02%), Magnesium: 46.85mg (11.71%), Copper: 0.23mg (11.57%), Calcium: 82.02mg (8.2%), Vitamin B2: 0.13mg (7.87%), Zinc: 1.02mg (6.82%), Potassium: 229.96mg (6.57%), Vitamin B3: 1.14mg (5.7%), Vitamin E: 0.85mg (5.68%), Iron: 0.86mg (4.76%), Vitamin B6: 0.09mg (4.7%), Vitamin B5: 0.42mg (4.24%), Vitamin K: 4.44µg (4.23%), Vitamin B1: 0.06mg (3.72%), Selenium: 2.27µg (3.24%), Vitamin B12: 0.19µg (3.18%), Folate:

10.99µg (2.75%)