



Graham Cracker-and-Pecan Praline Popcorn

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup light-colored corn syrup
- ☐ 1 cup brown sugar dark packed
- ☐ 2 cups honey-flavored graham crackers bear-shaped (such as Teddy Grahams)
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 10 cup popped popcorn (popped without salt or fat)
- ☐ 1.5 tablespoons stick margarine

Equipment

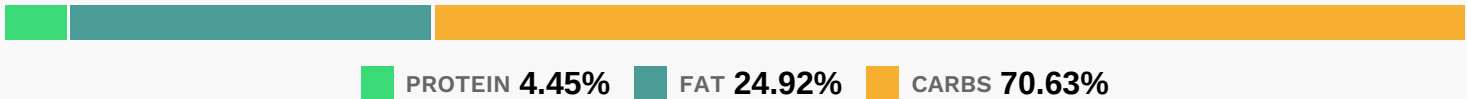
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 32
- ☐ Combine the first 3 ingredients in a large bowl.
- ☐ Spread mixture onto a jelly-roll pan lined with foil and coated with cooking spray.
- ☐ Combine brown sugar, corn syrup, and butter in a medium saucepan. Bring to a boil over medium heat, stirring constantly. Cover and cook 1 minute. Uncover and cook, without stirring, until the candy thermometer registers 290 (about 5 minutes).
- ☐ Drizzle the brown sugar mixture over popcorn mixture; toss to coat.
- ☐ Bake at 325 for 30 minutes, stirring once. Cool completely on a wire rack in pan, and break into large pieces.
- ☐ Note: Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:6.5, Inflammation Score:-1, Nutrition Score:1.8460869602049%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 116.76kcal (5.84%), Fat: 3.34g (5.14%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 20.19g (7.34%), Sugar: 13.47g (14.97%), Cholesterol: 0mg (0%), Sodium: 63.28mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Manganese: 0.16mg (7.95%), Fiber: 1.14g (4.55%), Phosphorus: 38.43mg (3.84%), Magnesium: 14.66mg (3.67%), Iron: 0.58mg (3.21%), Zinc: 0.41mg (2.72%), Vitamin B1: 0.04mg (2.6%), Copper: 0.05mg (2.29%), Vitamin B3: 0.43mg (2.13%), Calcium: 16.18mg (1.62%), Vitamin B2: 0.03mg (1.48%), Potassium: 50.28mg (1.44%), Folate: 5.47µg (1.37%), Vitamin B6: 0.02mg (1.17%)