



Grandma Paul's Caramel Corn

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



515 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 2 cups brown sugar packed
- 1 cup butter
- 0.5 cup plus light
- 8 cups popped popcorn
- 1 teaspoon salt

Equipment

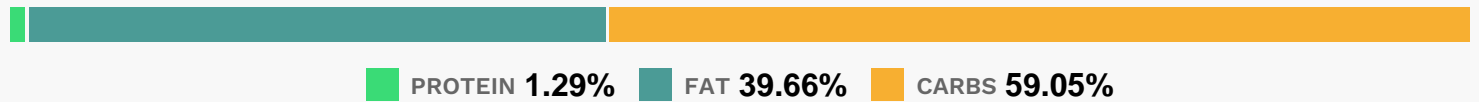
- oven

roasting pan

Directions

- Preheat oven to 200 degrees F.
- Over medium heat, combine first 4 ingredients and boil for 5 minutes.
- Remove from heat; stir in baking soda. Stir well.
- Pour over 8 quarts popped corn. Stir to coat well.
- Bake in large roaster or pan for 1 hour, stirring every 15 minutes.
- Spread on waxed paper to dry.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:7.74, Inflammation Score:-4, Nutrition Score:3.3217391112576%

Nutrients (% of daily need)

Calories: 515.33kcal (25.77%), Fat: 23.55g (36.24%), Saturated Fat: 14.65g (91.55%), Carbohydrates: 78.91g (26.3%), Net Carbohydrates: 77.31g (28.11%), Sugar: 69.83g (77.59%), Cholesterol: 61.01mg (20.34%), Sodium: 639.43mg (27.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin A: 730.65IU (14.61%), Manganese: 0.16mg (7.92%), Fiber: 1.6g (6.38%), Calcium: 56.18mg (5.62%), Magnesium: 21.58mg (5.39%), Phosphorus: 48.39mg (4.84%), Vitamin E: 0.69mg (4.6%), Iron: 0.75mg (4.16%), Potassium: 116.42mg (3.33%), Zinc: 0.48mg (3.17%), Copper: 0.05mg (2.74%), Vitamin B6: 0.04mg (2.03%), Vitamin K: 2.12µg (2.02%), Vitamin B1: 0.03mg (1.7%), Vitamin B3: 0.33mg (1.63%), Vitamin B5: 0.16mg (1.6%), Selenium: 1.09µg (1.56%), Folate: 4.81µg (1.2%), Vitamin B2: 0.02mg (1.1%)