



Grandma's Chocolate Popcorn

READY IN



45 min.

SERVINGS



20

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds melting chocolate chopped
- ☐ 3 tablespoons creamy peanut butter
- ☐ 3 cups rice cereal crispy
- ☐ 2 cups optional: dry-roasted peanuts
- ☐ 14 cups popped popcorn

Equipment

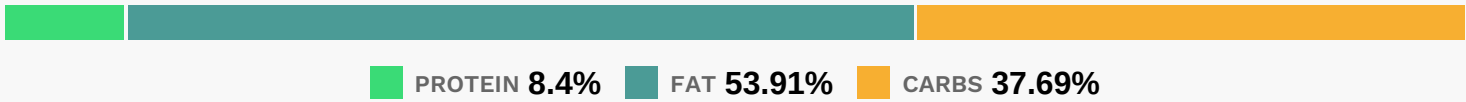
- ☐ bowl
- ☐ baking sheet

☐ microwave

Directions

- ☐ In a large bowl, combine popcorn, cereal and peanuts, if desired; set aside.
- ☐ Combine chocolate and peanut butter in a microwave-safe bowl. Microwave on high 2 to 3 minutes or until melted, stirring after every minute.
- ☐ Pour over popcorn mixture, tossing to coat well.
- ☐ Spread onto a large greased non-stick baking sheet; cool completely. Break apart; store in an airtight container up to 5 days.

Nutrition Facts



Properties

Glycemic Index:6.15, Glycemic Load:11.25, Inflammation Score:-4, Nutrition Score:7.6134783003641%

Nutrients (% of daily need)

Calories: 311.86kcal (15.59%), Fat: 20.4g (31.38%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 27.65g (10.05%), Sugar: 17.83g (19.81%), Cholesterol: 0mg (0%), Sodium: 79.71mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.45mg (7.48%), Protein: 7.15g (14.3%), Manganese: 0.63mg (31.64%), Magnesium: 78.95mg (19.74%), Fiber: 4.44g (17.77%), Copper: 0.33mg (16.44%), Vitamin B3: 3mg (15.02%), Phosphorus: 145.52mg (14.55%), Iron: 1.64mg (9.11%), Zinc: 1.13mg (7.54%), Potassium: 254.07mg (7.26%), Folate: 28.18µg (7.04%), Vitamin B2: 0.11mg (6.61%), Vitamin B1: 0.08mg (5.12%), Vitamin B6: 0.07mg (3.74%), Selenium: 2.44µg (3.49%), Vitamin B5: 0.29mg (2.92%), Calcium: 24.73mg (2.47%), Vitamin E: 0.33mg (2.21%), Vitamin K: 2.25µg (2.14%)