



Halloween Popcorn Treats

READY IN



73 min.

SERVINGS



8

CALORIES



485 kcal

DESSERT

Ingredients

- 0.3 cup almonds salted chopped
- 3 tablespoons butter
- 9 inch chocolate chip cookie mix crumbled
- 6 fun-size caramel peanut chocolate bars cut into 1/4-inch pieces (such as Snickers)
- 0.5 cup orange and chocolate candies black (such as M and Ms)
- 12 ounces marshmallows mini
- 0.3 cup popcorn kernels
- 1 teaspoon vanilla extract pure
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- mixing bowl
- ziploc bags
- spatula

Directions

- Watch how to make this recipe.
- Spray the inside of a large mixing bowl with vegetable cooking spray, and lightly spray a baking sheet. Set aside.
- In a 3 quart or larger, heavy-bottomed pan, heat the oil and popcorn over medium-high heat. Cover the pan and shake gently. Cook until all the kernels have popped, about 3 minutes.
- Place the popcorn in the prepared bowl.
- In a medium saucepan, heat the butter over low heat.
- Add the vanilla extract and marshmallows. Stir constantly until the marshmallows have melted and the mixture is smooth, about 5 minutes.
- Pour the melted marshmallow mixture over the popcorn. Using a spatula, sprayed with cooking spray, stir until the popcorn is coated.
- Spread the mixture over the prepared baking sheet.
- Sprinkle with the chocolate bar pieces, cookies, almonds and chocolate candies. Using a spatula, gently press the toppings into the popcorn. Allow the mixture to dry for 1 hour.
- Break into 2-inch pieces and store airtight in a plastic container.
- Place in small plastic bags and seal with colored ribbon.

Nutrition Facts



■ PROTEIN 4.2% ■ FAT 46.15% ■ CARBS 49.65%

Properties

Glycemic Index:24.02, Glycemic Load:23.54, Inflammation Score:-4, Nutrition Score:8.3195651756681%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 484.73kcal (24.24%), Fat: 25.39g (39.06%), Saturated Fat: 11.07g (69.17%), Carbohydrates: 61.45g (20.48%), Net Carbohydrates: 57.07g (20.75%), Sugar: 38.98g (43.31%), Cholesterol: 14.1mg (4.7%), Sodium: 91.66mg (3.99%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Caffeine: 16.8mg (5.6%), Protein: 5.2g (10.4%), Manganese: 0.62mg (30.78%), Copper: 0.49mg (24.47%), Magnesium: 74.33mg (18.58%), Iron: 3.22mg (17.9%), Fiber: 4.38g (17.5%), Vitamin E: 2.21mg (14.7%), Phosphorus: 119.86mg (11.99%), Vitamin K: 11.28µg (10.74%), Zinc: 1.11mg (7.37%), Potassium: 221.87mg (6.34%), Vitamin B2: 0.1mg (5.61%), Calcium: 49.37mg (4.94%), Selenium: 2.45µg (3.5%), Vitamin B1: 0.05mg (3.41%), Vitamin A: 168.57IU (3.37%), Vitamin B3: 0.64mg (3.21%), Folate: 9.36µg (2.34%), Vitamin B6: 0.04mg (1.87%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.07µg (1.13%)