



Harvest Moon Caramel Corn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



540 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 1 cup butter
- ☐ 0.5 cup plus
- ☐ 10.5 oz butter-flavored microwave popcorn
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

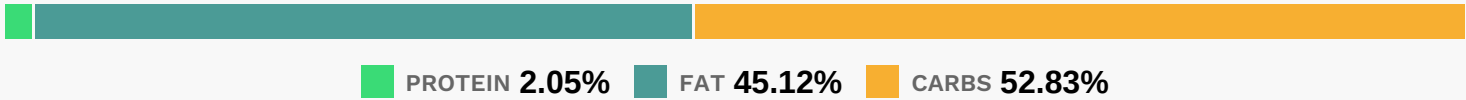
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Place popcorn in a lightly greased large roasting pan; set aside.
- ☐ Combine butter, brown sugar, corn syrup and salt in a heavy saucepan. Bring to a boil over medium heat; cook 5 minutes.
- ☐ Remove from heat.
- ☐ Add vanilla and baking soda; stir well and pour over popcorn.
- ☐ Mix well.
- ☐ Bake at 250 for one hour; stirring occasionally; let cool. Break into pieces and store in an airtight container. Makes 27 cups.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:11.34, Inflammation Score:-4, Nutrition Score:4.7826087060182%

Nutrients (% of daily need)

Calories: 539.51kcal (26.98%), Fat: 27.7g (42.62%), Saturated Fat: 16.07g (100.46%), Carbohydrates: 72.99g (24.33%), Net Carbohydrates: 69.99g (25.45%), Sugar: 55.93g (62.14%), Cholesterol: 48.81mg (16.27%), Sodium: 567mg (24.65%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 2.83g (5.67%), Manganese: 0.25mg (12.68%), Vitamin A: 619.66IU (12.39%), Fiber: 3.01g (12.03%), Vitamin E: 1.38mg (9.21%), Magnesium: 35.89mg (8.97%), Phosphorus: 84.03mg (8.4%), Potassium: 193.05mg (5.52%), Vitamin B6: 0.11mg (5.33%), Zinc: 0.78mg (5.19%), Calcium: 51.15mg (5.11%), Iron: 0.91mg (5.08%), Selenium: 2.99µg (4.27%), Copper: 0.08mg (4.04%), Vitamin K: 2.84µg (2.7%), Vitamin B3: 0.51mg (2.56%), Vitamin B1: 0.02mg (1.58%), Vitamin B2: 0.03mg (1.53%), Folate: 5.59µg (1.4%), Vitamin B5: 0.14mg (1.37%)