



Holiday Caramel Corn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



474 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3.5 tablespoons plus
- ☐ 1 cup brown sugar light packed
- ☐ 8 cups butter popped microwave popcorn flavored
- ☐ 0.3 cup peanuts
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cashew pieces unsalted salted
- ☐ 4 oz butter unsalted

- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.5 cup walnuts or any other nut you like

Equipment



- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Preheat the oven to 250 degrees F.
- ☐ Put the 8 cups of popcorn in a buttered roasting pan. Melt the stick of butter in a saucepan over low heat. Stir in the sugar, salt, corn syrup and molasse. Bring to a boil, stirring constantly. Insert a candy thermometer into pan (I use a deep fry thermometer that can be rested on its metal base) and boil mixture slowly on low heat, without stirring, until the temperature reaches the soft crack stage, about 285 degrees. Kristina mentioned this could take up to 45 minutes, but with a smaller batch I found it took much less time. When the thermometer hits 285, immediately remove from heat and stir in the soda and vanilla. Stir the mixture, then immediately pour evenly over the popped corn in the pan. Quickly mix to coat all the popcorn and spread evenly on pan.
- ☐ Bake for 15 minutes and stir well.
- ☐ Bake for 30 minutes, stirring halfway through.
- ☐ Remove pan from oven and stir in nuts, coating well. Return to oven and bake for 30 minutes more, stirring every 10 minutes. Turn caramel corn out onto nonstick foil or parchment-lined baking sheets in a single layer. Cool completely, then break apart into desired sized pieces. Keep stored in airtight bags or tins.

Nutrition Facts



 PROTEIN 5.21%  FAT 55.83%  CARBS 38.96%

Properties

Glycemic Index:14.75, Glycemic Load:4.83, Inflammation Score:-5, Nutrition Score:9.2043478654131%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 474.43kcal (23.72%), Fat: 30.66g (47.17%), Saturated Fat: 11.39g (71.19%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 45.46g (16.53%), Sugar: 35.2g (39.12%), Cholesterol: 30.48mg (10.16%), Sodium: 389.82mg (16.95%), Alcohol: 0.13g (100%), Alcohol %: 0.17% (100%), Protein: 6.43g (12.87%), Manganese: 0.65mg (32.7%), Copper: 0.59mg (29.44%), Magnesium: 81.97mg (20.49%), Phosphorus: 165.72mg (16.57%), Zinc: 1.63mg (10.84%), Fiber: 2.69g (10.77%), Iron: 1.9mg (10.54%), Folate: 35.93µg (8.98%), Potassium: 262.33mg (7.5%), Vitamin A: 375.05IU (7.5%), Vitamin B3: 1.5mg (7.48%), Vitamin B6: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.42%), Vitamin K: 7.59µg (7.23%), Selenium: 4.12µg (5.89%), Vitamin E: 0.85mg (5.69%), Calcium: 51.46mg (5.15%), Vitamin B5: 0.43mg (4.3%), Vitamin B2: 0.07mg (3.84%), Vitamin D: 0.21µg (1.42%)