



Holiday Popcorn

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter (1 stick)
- 40 marshmallows jet-puffed
- 12 cups warm air-popped popcorn
- 0.5 tsp salt divided
- 4 oz baker's semi-sweet chocolate

Equipment

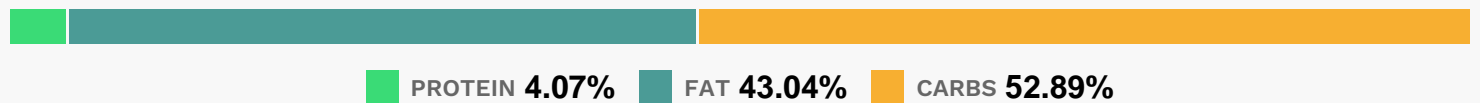
- bowl
- baking sheet

- sauce pan
- oven
- wax paper

Directions

- Preheat oven to 275F.
- Sprinkle 1/4 tsp. of the salt over popcorn in large bowl; toss to coat. Set aside.
- Melt chocolate and butter in large saucepan on low heat, stirring frequently.
- Add marshmallows; cook until completely melted, stirring frequently.
- Remove from heat; stir in remaining 1/4 tsp. salt.
- Pour over popcorn; toss to coat.
- Spread onto greased baking sheet.
- Bake 20 to 25 minutes or until crisp, stirring after 15 minutes. Cool on wax paper.

Nutrition Facts



Properties

Glycemic Index:3.62, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:1.1700000041367%

Nutrients (% of daily need)

Calories: 82.11kcal (4.11%), Fat: 4.04g (6.21%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 10.36g (3.77%), Sugar: 5.83g (6.48%), Cholesterol: 0.19mg (0.06%), Sodium: 70.83mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Manganese: 0.09mg (4.28%), Fiber: 0.81g (3.26%), Copper: 0.06mg (2.91%), Magnesium: 11.39mg (2.85%), Vitamin A: 125.01IU (2.5%), Phosphorus: 23.31mg (2.33%), Iron: 0.34mg (1.91%), Zinc: 0.21mg (1.37%)