



Homemade Caramel Popcorn and Peanuts

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 cups popped popcorn plain
- 1 cup roasted peanuts salted
- 0.8 cup brown sugar light packed
- 6 tablespoons butter
- 3 tablespoons plus light
- 1 teaspoon baking soda
- 0.3 teaspoon salt
- 1 teaspoon vanilla

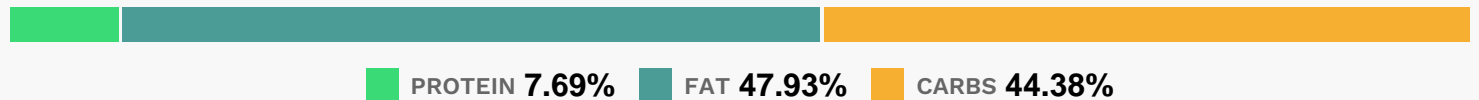
Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven

Directions

- Heat oven to 200°F. Line cookie sheet with cooking parchment paper.
- Place popcorn and peanuts in very large bowl; set aside.
- In 2-quart saucepan, heat brown sugar, butter and corn syrup to boiling Boil 5 minutes without stirring.
- Remove from heat. Stir in baking soda, salt and vanilla.
- Pour caramel mixture over popcorn mixture; toss until well coated.
- Spread popcorn mixture evenly on cookie sheet.
- Bake 10 minutes. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:7.01, Inflammation Score:-5, Nutrition Score:7.8526086301907%

Nutrients (% of daily need)

Calories: 428.48kcal (21.42%), Fat: 23.89g (36.76%), Saturated Fat: 9.11g (56.92%), Carbohydrates: 49.76g (16.59%), Net Carbohydrates: 45.74g (16.63%), Sugar: 35.33g (39.25%), Cholesterol: 30.1mg (10.03%), Sodium: 490.29mg (21.32%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Protein: 8.63g (17.26%), Manganese: 0.74mg (36.76%), Vitamin B3: 3.97mg (19.84%), Fiber: 4.03g (16.11%), Magnesium: 62.31mg (15.58%), Phosphorus: 144.61mg (14.46%), Copper: 0.21mg (10.4%), Folate: 35.33µg (8.83%), Potassium: 272.1mg (7.77%), Vitamin A: 375.01IU (7.5%), Vitamin B1: 0.1mg (6.52%), Iron: 1.16mg (6.47%), Zinc: 0.95mg (6.35%), Calcium: 52.98mg (5.3%), Vitamin B6: 0.09mg (4.72%), Vitamin B5: 0.46mg (4.56%), Selenium: 2.37µg (3.39%), Vitamin E: 0.36mg (2.41%), Vitamin B2: 0.04mg

(2.16%), Vitamin K: 1.13 μ g (1.08%)