



Honey Caramel Corn



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



24

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup plus dark
- ☐ 0.8 cup honey
- ☐ 1 cup brown sugar light packed
- ☐ 1.5 cups nuts mixed
- ☐ 24 cups popped popcorn plain
- ☐ 0.8 teaspoon salt unsalted (plus an extra pinch if you are using)
- ☐ 8 oz butter unsalted (I used)

☐ 1 teaspoon vanilla

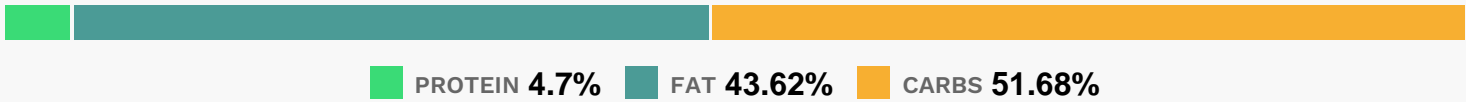
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Grease two large roasting pans or rimmed cookie sheets. I prefer using roasting pans.In a very large (4 quart) saucepan, melt the butter over medium heat.
- ☐ Add the brown sugar and next 3 ingredients, stirring constantly until mixture boils. Boil gently, uncovered and without stirring, for 5 minutes.
- ☐ Remove from burner and add baking soda and vanilla.
- ☐ Pour warm mixture over popcorn and toss until coated. If you are using two roasting pans, you can do this directly in the roasting pans. If using rimmed cookie sheets, you might want to divide the popcorn among a few large bowls or put it in a really big one to stir.
- ☐ Spread popcorn out in the pans and bake at 250° for one hour. Every 15 minutes stir the popcorn to keep it from burning.
- ☐ Let cool completely.

Nutrition Facts



Properties

Glycemic Index:9.93, Glycemic Load:14.58, Inflammation Score:-3, Nutrition Score:3.8991303865028%

Nutrients (% of daily need)

Calories: 251.62kcal (12.58%), Fat: 12.79g (19.68%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 31.68g (11.52%), Sugar: 23.22g (25.8%), Cholesterol: 20.32mg (6.77%), Sodium: 112.49mg (4.89%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.1g (6.21%), Manganese: 0.32mg (15.96%), Fiber:

2.43g (9.7%), Magnesium: 37.91mg (9.48%), Phosphorus: 82.38mg (8.24%), Copper: 0.16mg (7.88%), Vitamin A: 259.06IU (5.18%), Zinc: 0.72mg (4.79%), Iron: 0.82mg (4.57%), Vitamin B3: 0.71mg (3.53%), Potassium: 113.28mg (3.24%), Vitamin B6: 0.05mg (2.56%), Folate: 8.5µg (2.12%), Vitamin B2: 0.04mg (2.07%), Vitamin B1: 0.03mg (2.05%), Vitamin B5: 0.2mg (1.96%), Calcium: 18.92mg (1.89%), Vitamin E: 0.25mg (1.67%)