



India Pale Ale Caramel Corn

 Vegetarian

READY IN



115 min.

SERVINGS



14

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 cups popped popcorn
- 1 cup cashew pieces
- 0.5 cup pale ale beer
- 0.3 cup brown sugar packed
- 0.3 cup karo syrup
- 3 tablespoons butter
- 0.5 teaspoon garam masala
- 0.3 teaspoon salt

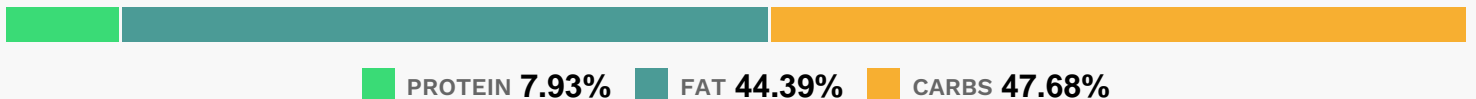
Equipment

- bowl
- sauce pan
- oven
- aluminum foil
- measuring cup

Directions

- Heat oven to 300°F. Line two 15x10x1-inch pans with foil. Spray foil with cooking spray.
- In large bowl, place popcorn and cashews; set aside.
- In 2-quart saucepan, heat ale over medium heat, frequently, until reduced to 1/4 cup, about 6 minutes.
- Pour into glass liquid measuring cup to confirm measure.
- Add back to saucepan. Stir in brown sugar, syrup and butter. Cook over medium heat until bubbly around edges, stirring occasionally.
- Reduce heat to medium-low; cook about 5 minutes longer, stirring occasionally, until thickened and syrupy.
- Remove from heat; carefully stir in garam masala and salt.
- Pour over popcorn mixture in bowl; toss until evenly coated.
- Spread popcorn mixture in pans.
- Bake 20 minutes, stirring every 5 minutes, to caramelize mixture. Cool completely, about 1 hour. Break into pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:3.39, Inflammation Score:-2, Nutrition Score:3.3639130532418%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 131.58kcal (6.58%), Fat: 6.77g (10.41%), Saturated Fat: 2.3g (14.34%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 15.13g (5.5%), Sugar: 8.04g (8.93%), Cholesterol: 6.45mg (2.15%), Sodium: 68.23mg (2.97%), Alcohol: 0.33g (100%), Alcohol %: 1.12% (100%), Protein: 2.72g (5.44%), Manganese: 0.23mg (11.29%), Copper: 0.22mg (11.05%), Magnesium: 36.88mg (9.22%), Phosphorus: 79.2mg (7.92%), Fiber: 1.23g (4.92%), Zinc: 0.73mg (4.87%), Iron: 0.85mg (4.7%), Vitamin K: 3.43µg (3.26%), Vitamin B1: 0.05mg (3.07%), Selenium: 1.96µg (2.8%), Vitamin B6: 0.05mg (2.69%), Potassium: 89.72mg (2.56%), Vitamin A: 87.29IU (1.75%), Vitamin B3: 0.29mg (1.46%), Vitamin B5: 0.12mg (1.24%), Calcium: 12.25mg (1.23%), Folate: 4.89µg (1.22%), Vitamin E: 0.17mg (1.14%)