



Jack-o'-Lantern Popcorn Balls

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



12

CALORIES



207 kcal

DESSERT

Ingredients

- 0.3 cup butter ()
- 2 oz baker's german's chocolate sweet melted
- 6 gumdrop spearmint leaves cut in half
- 10 oz marshmallows jet-puffed miniature
- 1 pkg jell-o orange flavor gelatin (4-serving size)
- 12 cups popped popcorn

Equipment

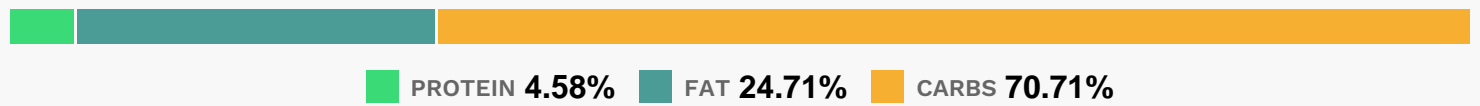
- bowl

microwave

Directions

- Microwave butter and marshmallows in large microwavable bowl on HIGH 1-1/2 to 2 minutes or until marshmallows are puffed. Stir in gelatin until well blended.
- Pour marshmallow mixture over popcorn in large bowl; mix well. Shape into 12 balls with lightly greased or moistened hands.
- Top each ball with a gumdrop piece to resemble pumpkin stem. Decorate with melted chocolate to resemble jack-o'-lantern faces.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:16.62, Inflammation Score:-2, Nutrition Score:1.9699999959734%

Nutrients (% of daily need)

Calories: 207.46kcal (10.37%), Fat: 5.86g (9.02%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 36.12g (13.13%), Sugar: 22.44g (24.93%), Cholesterol: 0mg (0%), Sodium: 97.6mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Fiber: 1.62g (6.48%), Manganese: 0.13mg (6.26%), Phosphorus: 52.35mg (5.24%), Iron: 0.78mg (4.35%), Magnesium: 16.6mg (4.15%), Vitamin A: 190.72IU (3.81%), Copper: 0.06mg (3.01%), Zinc: 0.35mg (2.33%), Vitamin B3: 0.27mg (1.37%), Selenium: 0.88µg (1.26%), Vitamin E: 0.18mg (1.19%), Potassium: 39.88mg (1.14%)