



JELL-O Rainbow Popcorn

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 3 Tbsp plus light
- 0.5 cup brown sugar light packed
- 3 oz lime flavor gelatin
- 1 cup planters cocktail peanuts
- 8 cups popped popcorn

Equipment

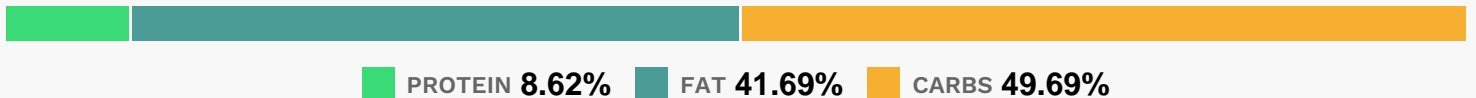
- bowl

- frying pan
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 300F.
- Line 15x10x1-inch pan with Reynolds Wrap Aluminum Foil. Toss popcorn and nuts in large bowl; set aside.
- Cook butter and syrup in small saucepan on low heat until butter is melted.
- Add sugar and gelatin; stir until gelatin is completely dissolved. Bring to boil on medium heat. Simmer on low heat 5 min.
- Pour immediately over popcorn mixture; toss to coat well.
- Spread into prepared pan, using 2 forks to spread evenly.
- Bake 10 min. Cool.
- Remove from pan. Break into small pieces.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:2.2217391273412%

Nutrients (% of daily need)

Calories: 100.38kcal (5.02%), Fat: 4.89g (7.52%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 12.04g (4.38%), Sugar: 9.25g (10.28%), Cholesterol: 0mg (0%), Sodium: 41.69mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Manganese: 0.2mg (9.83%), Vitamin B3: 1.02mg (5.08%), Fiber: 1.07g (4.26%), Magnesium: 16.61mg (4.15%), Phosphorus: 40.76mg (4.08%), Folate: 15.28µg (3.82%), Copper: 0.07mg (3.39%), Vitamin B1: 0.05mg (3%), Iron: 0.38mg (2.09%), Potassium: 62.1mg (1.77%), Vitamin A: 88.1IU (1.76%), Zinc: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.39%), Vitamin B5: 0.13mg (1.29%), Calcium: 11.22mg (1.12%), Selenium: 0.72µg (1.03%)