

  
HEALTH SCORE 2%

## Kelsey's Chocolate Popcorn Brittle

READY IN



35 min.

SERVINGS



10

CALORIES



430 kcal

DESSERT

### Ingredients

- 0.5 cup crunchy peanut butter
- 0.5 cup honey
- 10 cups popped popcorn
- 1 cup pretzels salted crushed
- 10 servings salt
- 6 ounces bittersweet chocolate melted
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract pure
- 6 ounces chocolate white melted

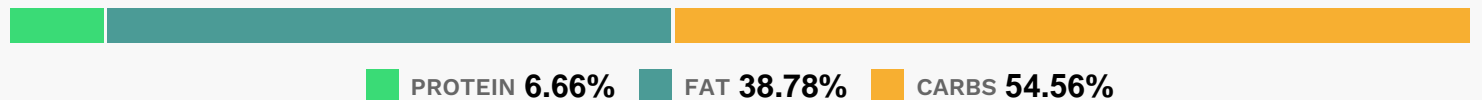
## Equipment

- bowl
- baking sheet
- sauce pan
- mixing bowl
- wooden spoon
- wax paper

## Directions

- Mix the sugar and honey in a small saucepan and bring to a boil.
- Let simmer for 2 minutes.
- Remove from the heat and mix in the crunchy peanut butter. Continue to stir until the peanut butter is smooth, and then add the vanilla.
- In a large mixing bowl, add the popped popcorn. If desired, lightly salt the popcorn.
- Pour the warm peanut butter mixture over the popcorn and stir with a long-handled wooden spoon until completely coated.
- On a baking sheet lined with wax paper, pour the coated popcorn and distribute evenly.
- Drizzle with the melted semisweet chocolate, and then drizzle with the white chocolate.
- Sprinkle the crushed pretzels over the warm popcorn. Allow the chocolate to set about 20 minutes (or speed up the process by placing the baking sheet in the refrigerator). Once the popcorn is set, serve in a large serving bowl. Store tightly covered.

## Nutrition Facts



## Properties

Glycemic Index:34.17, Glycemic Load:31.03, Inflammation Score:-3, Nutrition Score:8.663043419952%

## Nutrients (% of daily need)

Calories: 430.04kcal (21.5%), Fat: 19.18g (29.51%), Saturated Fat: 8.12g (50.77%), Carbohydrates: 60.72g (20.24%), Net Carbohydrates: 56.39g (20.51%), Sugar: 41.56g (46.18%), Cholesterol: 4.59mg (1.53%), Sodium: 374.37mg (16.28%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Caffeine: 14.63mg (4.88%), Protein: 7.42g (14.84%), Manganese: 0.67mg (33.55%), Magnesium: 71.15mg (17.79%), Fiber: 4.33g (17.31%), Copper: 0.35mg (17.27%), Phosphorus: 165.62mg (16.56%), Vitamin B3: 2.73mg (13.66%), Iron: 2.16mg (11.98%), Zinc: 1.4mg (9.32%), Potassium: 304.58mg (8.7%), Folate: 31.29µg (7.82%), Vitamin E: 1.15mg (7.64%), Vitamin B2: 0.11mg (6.76%), Calcium: 54.39mg (5.44%), Selenium: 3.8µg (5.43%), Vitamin B1: 0.08mg (5.01%), Vitamin B6: 0.1mg (4.83%), Vitamin B5: 0.39mg (3.93%), Vitamin K: 3.19µg (3.04%), Vitamin B12: 0.13µg (2.1%)