



Kooky Caramel Corn

 Dairy Free

READY IN



70 min.

SERVINGS



14

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups bread
- ☐ 8 cups popped popcorn plain
- ☐ 1 cup roasted peanuts salted
- ☐ 0.5 cup plus light
- ☐ 0.3 cup honey
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon vanilla

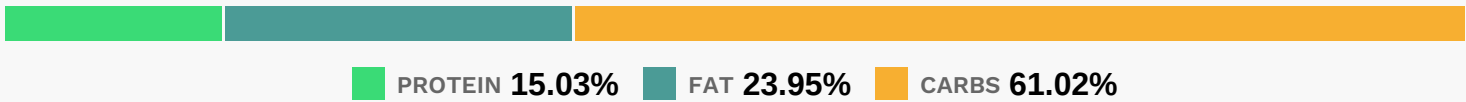
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat oven to 325°F. In large bowl, stir cereal, popcorn and peanuts to mix; set aside.
- ☐ In 1-quart saucepan, heat corn syrup, honey and butter over medium heat, stirring frequently, just until mixture begins to boil.
- ☐ Remove from heat. Stir in vanilla.
- ☐ Pour syrup mixture over cereal mixture; stir until cereal mixture is evenly coated.
- ☐ Pour mixture into ungreased 15x10x1-inch pan. With rubber spatula, spread mixture until even.
- ☐ Bake 20 to 25 minutes, stirring once or twice, until mixture is crisp. While mixture is baking, place sheet of waxed paper on work surface.
- ☐ Immediately pour baked mixture onto waxed paper; spread out into a thin layer. Cool completely, about 30 minutes. Break caramel corn into pieces. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:28.87, Inflammation Score:-5, Nutrition Score:16.431304488736%

Nutrients (% of daily need)

Calories: 366.99kcal (18.35%), Fat: 10.03g (15.44%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 57.51g (19.17%), Net Carbohydrates: 50.59g (18.4%), Sugar: 18.12g (20.14%), Cholesterol: 0mg (0%), Sodium: 452.55mg (19.68%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 14.16g (28.33%), Manganese: 2.12mg (106.24%), Selenium: 22.72µg (32.45%), Fiber: 6.92g (27.69%), Vitamin B3: 5.45mg (27.27%), Vitamin B1: 0.38mg (25.16%), Phosphorus: 242.7mg (24.27%), Magnesium: 91.95mg (22.99%), Calcium: 151.16mg (15.12%), Iron: 2.63mg (14.59%), Copper: 0.28mg (13.93%), Zinc: 1.96mg (13.04%), Folate: 50.72µg (12.68%), Vitamin B6: 0.22mg (11.04%), Vitamin B2: 0.16mg (9.27%), Potassium: 317.17mg (9.06%), Vitamin B5: 0.76mg (7.63%), Vitamin K: 6.67µg (6.35%), Vitamin E: 0.54mg

(3.58%), Vitamin A: 86.39IU (1.73%)