



KOOL-AID Popcorn

 Vegetarian

READY IN



55 min.

SERVINGS



55

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp baking soda
- 0.3 cup butter
- 0.5 cup plus light
- 1 env. kool-aid drink mix unsweetened
- 12 cups popped popcorn
- 1 cup sugar

Equipment

- frying pan

sauce pan

oven

Directions

Heat oven to 225F.

Spread popcorn evenly onto bottom of 15x10x1-inch pan.

Bring sugar, corn syrup and butter to boil in medium saucepan on medium-high heat; cook 3 min., stirring frequently.

Remove from heat.

Add drink mix and baking soda; mix well.

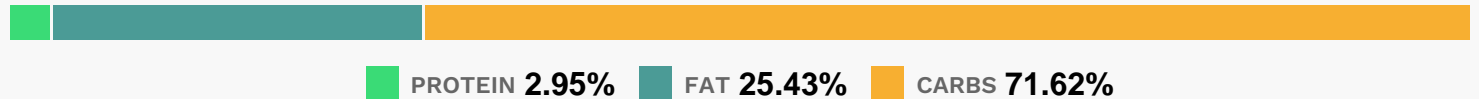
Pour over popcorn; stir gently to evenly coat popcorn.

Bake 10 min.

Remove from oven; stir. Repeat 3 times for a total baking time of 40 min.

Spread onto large sheet of waxed paper sprayed with cooking spray; cool completely. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:0.38391304307658%

Nutrients (% of daily need)

Calories: 42kcal (2.1%), Fat: 1.24g (1.91%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 7.54g (2.74%), Sugar: 6.04g (6.71%), Cholesterol: 2.96mg (0.99%), Sodium: 22.51mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Fiber: 0.35g (1.39%), Manganese: 0.03mg (1.35%)