



Mallow Popcorn Balls

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



91 kcal

Ingredients

- 0.3 cup butter ()
- 40 marshmallows jet-puffed
- 12 cups popped popcorn
- 0.3 tsp salt
- 0.5 tsp vanilla

Equipment

- bowl
- sauce pan

Directions

- Melt butter in large saucepan on low heat.
- Add marshmallows, vanilla and salt; cook until marshmallows are completely melted and mixture is well blended, stirring constantly.
- Place popcorn in large bowl.
- Add marshmallow mixture; mix lightly to coat.
- Shape into 10 (3-inch) balls with lightly greased hands.
- Place on sheets of waxed paper; let stand until firm.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:9.65, Inflammation Score:-1, Nutrition Score:1.0626086987069%

Nutrients (% of daily need)

Calories: 90.77kcal (4.54%), Fat: 2.61g (4.02%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 15.59g (5.67%), Sugar: 8.13g (9.04%), Cholesterol: 0mg (0%), Sodium: 67.56mg (2.94%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.13g (2.26%), Fiber: 0.97g (3.88%), Manganese: 0.07mg (3.74%), Phosphorus: 25.41mg (2.54%), Magnesium: 9.88mg (2.47%), Vitamin A: 114.43IU (2.29%), Copper: 0.03mg (1.55%), Zinc: 0.21mg (1.39%), Iron: 0.24mg (1.35%)