



## Maple Cashew Caramel Corn



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup cashew pieces mixed
- ☐ 1 teaspoon kosher salt (Morton)
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup maple syrup pure
- ☐ 11 cups popped popcorn (I used air popped)
- ☐ 4 tablespoons butter unsalted plus more for greasing pan
- ☐ 1 teaspoon vanilla

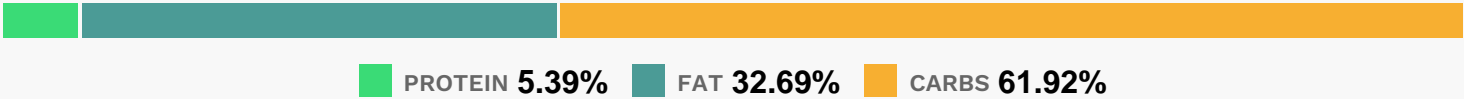
# Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon

# Directions

- ☐ Preheat oven to 250°F. Rub a large roasting pan generously with butter or spray with cooking spray.
- ☐ Spread the popcorn in the roasting pan and stir in the nuts.Melt 4 tablespoons of butter in a saucepan set over medium heat. Stir in brown sugar, maple syrup, and salt. Bring to a boil, and boil for 2 minutes, stirring constantly.
- ☐ Remove from heat and carefully stir in vanilla and baking soda.
- ☐ Mixture should bubble up into a light brown foam.
- ☐ Pour over popcorn.Using a heat proof scraper or a wooden spoon, fold the sugar mixture over the popcorn until it is coated.
- ☐ Bake on lower rack of oven for 45 minutes, stirring and breaking up clumps with a spoon every 15 to 20 minutes.
- ☐ Remove from oven. At this point it won't be completely crisp, but will crisp as it cools.
- ☐ Let cool completely.Makes about 12 cups

# Nutrition Facts



# Properties

Glycemic Index:10.67, Glycemic Load:8.27, Inflammation Score:-3, Nutrition Score:5.7478260802834%

# Nutrients (% of daily need)

Calories: 238.78kcal (11.94%), Fat: 8.96g (13.78%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 36.35g (13.22%), Sugar: 26.59g (29.55%), Cholesterol: 10.03mg (3.34%), Sodium: 248.37mg (10.8%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Protein: 3.33g (6.65%), Manganese: 0.61mg (30.6%),

Copper: 0.27mg (13.61%), Magnesium: 50.52mg (12.63%), Vitamin B2: 0.19mg (10.99%), Phosphorus: 101.72mg (10.17%), Fiber: 1.82g (7.27%), Zinc: 1.04mg (6.91%), Iron: 1.19mg (6.6%), Potassium: 160.35mg (4.58%), Vitamin B1: 0.07mg (4.34%), Vitamin K: 4.11µg (3.92%), Calcium: 35.8mg (3.58%), Selenium: 2.41µg (3.44%), Vitamin B6: 0.07mg (3.42%), Vitamin A: 136.38IU (2.73%), Vitamin B3: 0.38mg (1.91%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.23mg (1.56%), Folate: 6.14µg (1.53%)