



Maple Pecan Popcorn



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups maple syrup pure
- ☐ 3.5 ounces pecans toasted coarsely chopped
- ☐ 8 cups popped popcorn plain
- ☐ 0.5 teaspoon salt
- ☐ 0.8 stick butter unsalted

Equipment

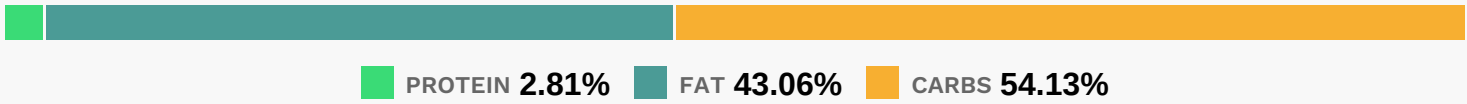
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ baking spatula

Directions

- ☐ Toss popcorn and pecans in a large bowl.
- ☐ Line bottom of a 17-by 11-inch 4-sided sheet pan with foil, then lightly oil foil.
- ☐ Melt butter in a small heavy saucepan over medium heat.
- ☐ Add maple syrup and salt and boil (still over medium heat), without stirring, until thermometer registers 300°F, 15 to 20 minutes.
- ☐ Pour syrup over pecans and popcorn, stirring briskly with a lightly oiled spoon or silicone spatula to coat, then immediately spread popcorn in pan in 1 layer. Cool completely, then break into bite-size pieces.
- ☐ Maple pecan popcorn keeps in an airtight container at cool room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:15.62, Inflammation Score:-3, Nutrition Score:8.5343478989342%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 293.8kcal (14.69%), Fat: 14.42g (22.18%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 38.56g (14.02%), Sugar: 29.42g (32.69%), Cholesterol: 18.22mg (6.07%), Sodium: 122.26mg (5.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Manganese: 1.66mg (82.8%), Vitamin B2:

0.64mg (37.44%), Fiber: 2.23g (8.91%), Magnesium: 34.99mg (8.75%), Copper: 0.14mg (7.18%), Vitamin B1: 0.11mg (7.13%), Zinc: 1.07mg (7.11%), Calcium: 62.31mg (6.23%), Phosphorus: 61.02mg (6.1%), Potassium: 180.37mg (5.15%), Vitamin A: 234.59IU (4.69%), Iron: 0.59mg (3.26%), Vitamin E: 0.36mg (2.41%), Vitamin B3: 0.36mg (1.81%), Vitamin B6: 0.03mg (1.75%), Vitamin B5: 0.14mg (1.4%), Folate: 5.17µg (1.29%)