



Marshmallow Popcorn Balls



Gluten Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



228 kcal

Ingredients

- ☐ 6 tablespoons butter
- ☐ 5 cups marshmallows miniature
- ☐ 0.5 cup unpopped popcorn
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Grease a 9x13 inch baking dish. Set aside.
- ☐ Add vegetable oil to a 4 quart saucepan, and heat over high heat. When oil is hot, add popping corn. Keep pan moving constantly. When corn stops popping, remove from heat. Put popcorn in prepared pan.
- ☐ Melt butter In a medium saucepan over low heat. Stir in marshmallows and cook until melted, stirring constantly.
- ☐ Pour marshmallow mixture over popcorn and mix with spoon to coat evenly.
- ☐ Let mixture cool slightly. Smear butter on your hands or spray with non-stick cooking spray.
- ☐ Mix popcorn with your hands so that it is evenly coated.
- ☐ Form popcorn into 8 balls.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:15.35, Inflammation Score:-2, Nutrition Score:1.9943478249985%

Nutrients (% of daily need)

Calories: 228.13kcal (11.41%), Fat: 10.72g (16.49%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 33g (11%), Net Carbohydrates: 31.66g (11.51%), Sugar: 18.1g (20.11%), Cholesterol: 22.58mg (7.53%), Sodium: 93.23mg (4.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Fiber: 1.33g (5.33%), Vitamin A: 262.39IU (5.25%), Manganese: 0.1mg (5.06%), Vitamin K: 3.86µg (3.68%), Phosphorus: 35.67mg (3.57%), Magnesium: 13.44mg (3.36%), Vitamin E: 0.41mg (2.72%), Copper: 0.05mg (2.68%), Vitamin B1: 0.03mg (2.22%), Iron: 0.39mg (2.14%), Zinc: 0.3mg (2.03%), Folate: 6.98µg (1.75%), Vitamin B6: 0.03mg (1.54%)