

Merry Crunchmix

 Dairy Free

READY IN



25 min.

SERVINGS



18

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup planters cashews
- ☐ 3 ounce jell-o cherry flavor gelatin black
- ☐ 3 tablespoons plus light
- ☐ 7 cups popped popcorn
- ☐ 1 cup pretzel twists
- ☐ 0.5 cup sugar

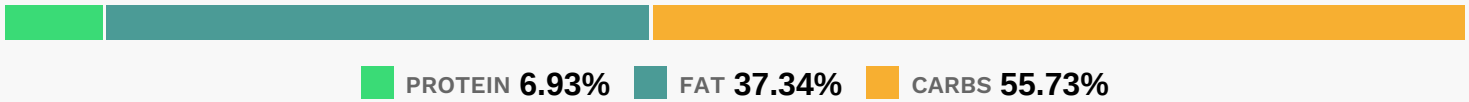
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 300 degrees F.
- ☐ Line 15x10x1-inch pan with foil or waxed paper.
- ☐ Combine popcorn, pretzels and nuts.
- ☐ Cook butter and syrup in saucepan on low heat until butter is melted.
- ☐ Add sugar and dry gelatin mix; cook and stir 2 min. or until gelatin is completely dissolved. Bring to boil on medium heat; simmer on low heat 5 min.
- ☐ Pour over popcorn mixture; toss to evenly coat.
- ☐ Add to prepared pan; use 2 forks to spread into even layer.
- ☐ Bake 10 min.; cool. Break into small pieces.

Nutrition Facts



Properties

Glycemic Index:14.65, Glycemic Load:8.21, Inflammation Score:-2, Nutrition Score:2.8682608800414%

Nutrients (% of daily need)

Calories: 137.69kcal (6.88%), Fat: 5.97g (9.18%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 19.11g (6.95%), Sugar: 12.94g (14.38%), Cholesterol: 0mg (0%), Sodium: 84.56mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Manganese: 0.19mg (9.45%), Copper: 0.18mg (8.91%), Magnesium: 28mg (7%), Phosphorus: 68.22mg (6.82%), Iron: 0.73mg (4.07%), Zinc: 0.59mg (3.92%), Fiber: 0.94g (3.75%), Vitamin B1: 0.05mg (3.16%), Selenium: 1.91µg (2.72%), Vitamin K: 2.56µg (2.44%), Vitamin A: 121.16IU (2.42%), Potassium: 68.44mg (1.96%), Vitamin B6: 0.04mg (1.93%), Folate: 7.56µg (1.89%), Vitamin B3: 0.3mg (1.5%), Vitamin E: 0.19mg (1.24%), Vitamin B2: 0.02mg (1.16%)