



Michelle's Caramel Corn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 0.5 cup plus light
- ☐ 1 cup brown sugar dark packed
- ☐ 1 tablespoon blackstrap molasses light
- ☐ 12 cups popped popcorn
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

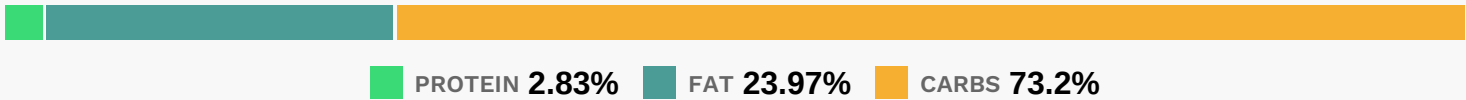
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Spray a large roaster pan with non-stick vegetable spray.
- ☐ Place popcorn in pan and set aside.
- ☐ Combine brown sugar, corn syrup, butter and molasses in a medium saucepan; bring to a boil over medium heat. Cook for 5 minutes, stirring once.
- ☐ Remove from heat; stir in vanilla, baking soda and salt.
- ☐ Pour hot mixture over popcorn, stirring to coat.
- ☐ Bake at 250 degrees for one hour, stirring every 15 minutes.
- ☐ Remove from oven; stir to break up. Cool for 15 minutes. Store in an airtight container for up to one week.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:7.25, Inflammation Score:-2, Nutrition Score:2.2126086898472%

Nutrients (% of daily need)

Calories: 203.93kcal (10.2%), Fat: 5.64g (8.68%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 37.18g (13.52%), Sugar: 30.1g (33.45%), Cholesterol: 13.56mg (4.52%), Sodium: 198.52mg (8.63%), Alcohol: 0.17g (100%), Alcohol %: 0.42% (100%), Protein: 1.5g (3%), Manganese: 0.16mg (8.05%), Fiber: 1.6g (6.38%), Magnesium: 21.85mg (5.46%), Phosphorus: 42.17mg (4.22%), Vitamin A: 179.14IU (3.58%), Iron: 0.56mg (3.12%), Zinc: 0.42mg (2.79%), Potassium: 87.32mg (2.49%), Copper: 0.05mg (2.3%), Calcium: 22.88mg (2.29%), Vitamin B6: 0.04mg (1.81%), Vitamin B3: 0.29mg (1.47%), Vitamin B1: 0.02mg (1.39%), Vitamin E: 0.18mg (1.19%), Vitamin B5: 0.1mg (1.01%)