



WHATSheATE



## Monster Munch Halloween Popcorn Mix



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



421 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 pound chocolate almond bark (chocolate confectionery coating)
- ☐ 1 cup candy corn
- ☐ 1 cup dry-roasted salted
- ☐ 0.5 cup candy-coated peanut butter pieces pieces® (such as Reese's )
- ☐ 12 cups popped popcorn

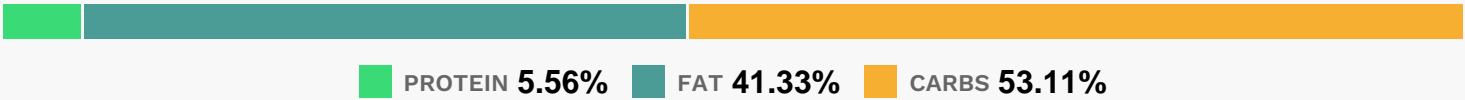
### Equipment

- ☐ bowl
- ☐ microwave

# Directions

- ☐ Mix popcorn, candy corn, peanuts, and peanut butter pieces together in a large bowl.
- ☐ Melt the almond bark in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each interval, until smooth, 1 to 3 minutes (depending on your microwave). Do not overheat or chocolate will scorch.
- ☐ Pour melted almond bark over popcorn mixture; stir until popcorn is well coated.
- ☐ Spread popcorn mixture out onto a flat surface lined with waxed paper or parchment.
- ☐ Let dry completely, then break into clumps.

## Nutrition Facts



## Properties

Glycemic Index:9.86, Glycemic Load:6.94, Inflammation Score:-2, Nutrition Score:4.9060869793529%

## Nutrients (% of daily need)

Calories: 421.16kcal (21.06%), Fat: 19.21g (29.55%), Saturated Fat: 13.07g (81.66%), Carbohydrates: 55.54g (18.51%), Net Carbohydrates: 52.63g (19.14%), Sugar: 43.35g (48.17%), Cholesterol: 0mg (0%), Sodium: 118.8mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Manganese: 0.5mg (24.76%), Vitamin B3: 2.55mg (12.73%), Fiber: 2.91g (11.65%), Magnesium: 43.17mg (10.79%), Phosphorus: 102.68mg (10.27%), Copper: 0.14mg (7.07%), Folate: 23.05µg (5.76%), Potassium: 158.73mg (4.53%), Zinc: 0.67mg (4.48%), Vitamin B1: 0.06mg (4.27%), Iron: 0.67mg (3.7%), Vitamin B6: 0.06mg (2.85%), Vitamin B5: 0.27mg (2.73%), Vitamin B2: 0.04mg (2.16%), Calcium: 18.34mg (1.83%), Selenium: 0.98µg (1.39%)