



Nutty Caramel Corn

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup cashew pieces toasted chopped
- ☐ 0.5 cup pecans toasted chopped
- ☐ 4 cups popped corn See Note
- ☐ 2 cups sugar
- ☐ 0.7 cups water

Equipment

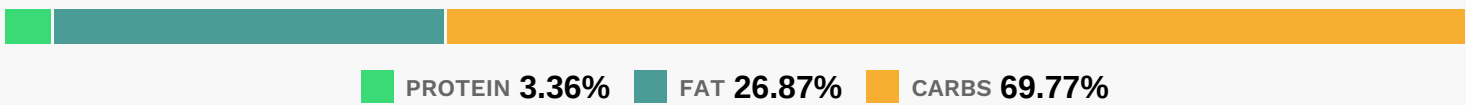
- ☐ frying pan

- ☐ sauce pan
- ☐ pot
- ☐ candy thermometer

Directions

- ☐ Pour the sugar into the center of a deep saucepan fitted with a candy thermometer. Carefully pour the water around the walls of the pan, trying not to splash any sugar onto the walls. Do not stir; gently draw your finger twice through the center of the sugar, making a cross, to moisten it. Over high heat, bring to a full boil and cook without stirring until golden caramel, about 10 to 15 minutes, swirling the mixture occasionally to even out the color.
- ☐ Turn off the heat and stir in the butter.
- ☐ Add the popcorn, pecans, and cashews.
- ☐ Pour onto a silicone baking mat on the counter, or a marble surface.
- ☐ Let the mixture cool a few minutes; then start breaking it up into clusters, working quickly so it doesn't harden and you don't burn yourself. Store in an airtight container for up to 1 week.
- ☐ Note: I use Black Diamond Popcorn with its petit size "hulless" kernel. To popcorn properly, place the kernels in a heavy-bottomed large pot and cover then with oil.
- ☐ Put the lid on and cook on high until you hear the first pop. Immediately take it off the heat and let it sit 1 minute. Then return it to the heat and finish popping, shaking the pan the whole time. I don't know why this is better but this is what my dad does and his popcorn was always the best.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:37.79, Inflammation Score:-2, Nutrition Score:4.3486956508587%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg

Nutrients (% of daily need)

Calories: 313.67kcal (15.68%), Fat: 9.82g (15.11%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 57.38g (19.13%), Net Carbohydrates: 55.72g (20.26%), Sugar: 50.67g (56.3%), Cholesterol: 3.76mg (1.25%), Sodium: 14.15mg (0.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Manganese: 0.48mg (23.75%), Copper: 0.27mg (13.61%), Magnesium: 39.18mg (9.8%), Phosphorus: 85.06mg (8.51%), Fiber: 1.66g (6.63%), Zinc: 0.92mg (6.16%), Vitamin B1: 0.08mg (5.38%), Iron: 0.9mg (4.98%), Selenium: 2.16µg (3.08%), Vitamin K: 3.15µg (3%), Potassium: 98.1mg (2.8%), Vitamin B6: 0.06mg (2.77%), Vitamin B2: 0.03mg (1.61%), Vitamin B5: 0.15mg (1.53%), Vitamin E: 0.22mg (1.44%), Vitamin B3: 0.29mg (1.43%), Folate: 5.13µg (1.28%), Vitamin A: 57.98IU (1.16%)