



Nutty Popcorn Snack Mix

READY IN



45 min.

SERVINGS



10

CALORIES



823 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 1 cup butter
- ☐ 2 cups candy-coated chocolates
- ☐ 0.5 cup plus dark
- ☐ 1 cup dry-roasted peanuts
- ☐ 16 cups popped popcorn
- ☐ 5 cups pretzel twists mini
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon vanilla extract

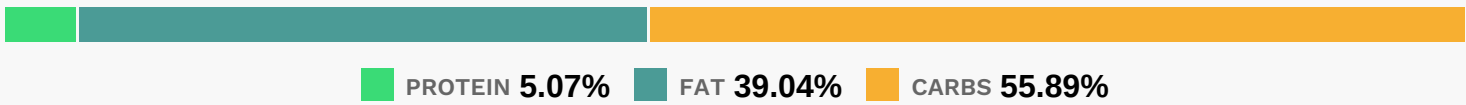
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ wax paper
- ☐ candy thermometer

Directions

- ☐ Combine popcorn and pretzels in a large roasting pan; set aside.
- ☐ Combine brown sugar, butter, corn syrup and salt in a heavy medium saucepan. Cook over medium heat 12 to 14 minutes, stirring occasionally, until mixture comes to a full boil.
- ☐ Continue cooking and stirring 4 to 6 minutes, until mixture reaches the soft-ball stage, or 234 to 243 degrees on a candy thermometer.
- ☐ Remove from heat, stir in baking soda and vanilla.
- ☐ Pour over popcorn and pretzels in pan; add peanuts. Stir until mixture is coated well.
- ☐ Bake at 200 for 20 minutes; stir.
- ☐ Bake for an additional 25 minutes. Immediately spoon onto wax paper, let cool completely. Break into pieces; store in an airtight container. Makes about 24 cups.

Nutrition Facts



Properties

Glycemic Index:28.93, Glycemic Load:32.9, Inflammation Score:-6, Nutrition Score:10.164347946644%

Nutrients (% of daily need)

Calories: 822.95kcal (41.15%), Fat: 36.71g (56.48%), Saturated Fat: 18.97g (118.58%), Carbohydrates: 118.25g (39.42%), Net Carbohydrates: 112.56g (40.93%), Sugar: 82.61g (91.79%), Cholesterol: 55.04mg (18.35%), Sodium:

712.15mg (30.96%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 10.73g (21.45%), Manganese: 0.78mg (39.22%), Fiber: 5.7g (22.79%), Vitamin B3: 3.77mg (18.85%), Folate: 63.44µg (15.86%), Phosphorus: 155.82mg (15.58%), Magnesium: 61.86mg (15.47%), Iron: 2.76mg (15.34%), Vitamin A: 694.95IU (13.9%), Calcium: 114.98mg (11.5%), Vitamin B1: 0.16mg (10.52%), Copper: 0.21mg (10.29%), Potassium: 290.67mg (8.3%), Zinc: 1.1mg (7.31%), Vitamin B2: 0.11mg (6.31%), Vitamin B6: 0.1mg (5.05%), Selenium: 3.28µg (4.69%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.68mg (4.52%), Vitamin K: 2.4µg (2.28%)