



 **58%**
HEALTH SCORE

Old Time Popcorn Balls

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



1356 kcal

DESSERT

Ingredients

- 0.5 cup plus light
- 5 quarts popped popcorn
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 cups water
- 1 teaspoon distilled vinegar white
- 2 cups sugar white

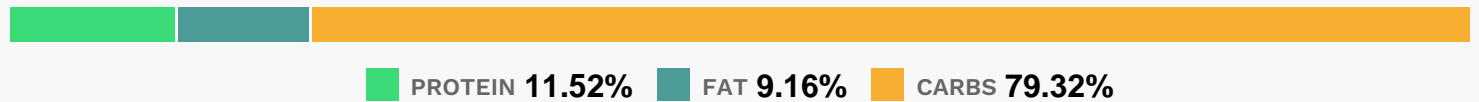
Equipment

sauce pan

Directions

- Butter the sides of a large saucepan. In the sauce pan combine the sugar, water, salt, corn syrup and vinegar. Cook over medium heat to the hard ball stage 250 degrees F (120 degrees C). Stir in the vanilla and slowly pour the hot mixture over the popped popcorn, stirring just to mix well.
- Butter hands lightly and shape into balls.
- Mixture will be hot so be careful.
- Place balls on waxed paper to cool.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:152.94, Inflammation Score:-9, Nutrition Score:32.915652216777%

Nutrients (% of daily need)

Calories: 1356.46kcal (67.82%), Fat: 14.43g (22.2%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 281.06g (93.69%), Net Carbohydrates: 235.32g (85.57%), Sugar: 38.12g (42.36%), Cholesterol: 0mg (0%), Sodium: 111.28mg (4.84%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 40.82g (81.64%), Fiber: 45.74g (182.96%), Manganese: 3.51mg (175.65%), Magnesium: 454.64mg (113.66%), Phosphorus: 1129.34mg (112.93%), Zinc: 9.77mg (65.14%), Iron: 10.08mg (55.99%), Copper: 0.83mg (41.62%), Vitamin B3: 7.28mg (36.41%), Potassium: 1038.9mg (29.68%), Vitamin B6: 0.5mg (24.77%), Folate: 97.79µg (24.45%), Vitamin B1: 0.33mg (22.32%), Vitamin B5: 1.61mg (16.09%), Vitamin B2: 0.27mg (15.71%), Vitamin A: 618.28IU (12.37%), Vitamin E: 0.91mg (6.1%), Vitamin K: 3.79µg (3.61%), Calcium: 24.63mg (2.46%)