



## Oven Caramel Corn

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 cups popped popcorn
- 1.5 cups almonds
- 1 cup brown sugar packed
- 0.5 cup butter
- 0.3 cup plus light
- 0.5 teaspoon salt
- 0.5 teaspoon baking soda

### Equipment

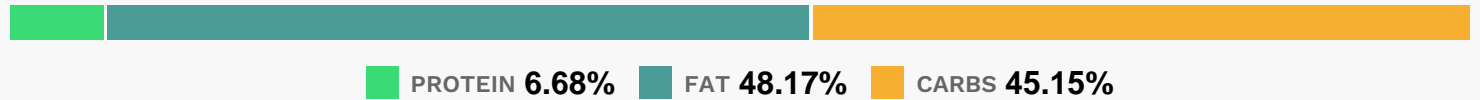
sauce pan

oven

## Directions

- Heat oven to 200°F. Divide popcorn and pecans between 2 ungreased rectangular pans, 13x9x2 inches.
- Heat brown sugar, butter, corn syrup and salt in 3-quart saucepan over medium heat, stirring occasionally, until bubbly around edges. Cook 5 minutes, stirring occasionally; remove from heat. Stir in baking soda.
- Pour mixture over popcorn and walnuts; stir until well coated.
- Bake 1 hour, stirring every 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.94, Glycemic Load:5.83, Inflammation Score:-5, Nutrition Score:7.7169563946841%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 303.84kcal (15.19%), Fat: 17.05g (26.23%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 32.13g (11.68%), Sugar: 24.11g (26.79%), Cholesterol: 0mg (0%), Sodium: 242.28mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin E: 4.9mg (32.67%), Manganese: 0.54mg (27.14%), Magnesium: 66.11mg (16.53%), Fiber: 3.83g (15.32%), Phosphorus: 128.27mg (12.83%), Vitamin B2: 0.22mg (12.73%), Copper: 0.22mg (11.08%), Vitamin A: 360.06IU (7.2%), Calcium: 67.89mg (6.79%), Iron: 1.15mg (6.36%), Zinc: 0.93mg (6.22%), Potassium: 195.66mg (5.59%), Vitamin B3: 0.92mg (4.62%), Vitamin B1: 0.05mg (3.55%), Folate: 11.55µg (2.89%), Vitamin B6: 0.05mg (2.51%), Vitamin B5: 0.17mg (1.72%), Selenium: 1µg (1.43%)