



Peanut Butter Caramel Corn



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



20

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.7 cup brown sugar packed
- ☐ 2.5 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 0.7 cup plus
- ☐ 0.5 cup creamy peanut butter
- ☐ 0.5 cup popcorn kernels
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon vanilla extract

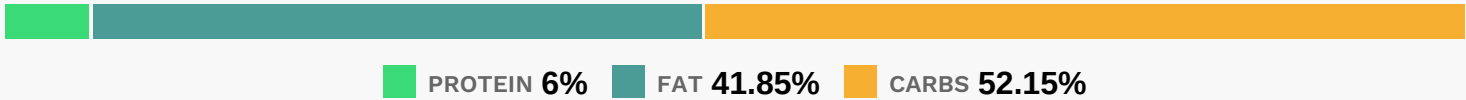
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 25
- ☐ Line a jelly-roll pan with parchment paper; coat paper with cooking spray.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add popcorn; cover and cook 4 minutes, shaking pan frequently. When popping slows, remove pan from heat.
- ☐ Let stand until popping stops. Uncover; add almonds.
- ☐ Combine sugar, syrup, butter, and salt in a medium saucepan; bring to a boil. Cook 3 minutes, stirring occasionally.
- ☐ Remove from heat.
- ☐ Add peanut butter and vanilla; stir until smooth.
- ☐ Drizzle over popcorn; toss well.
- ☐ Spread mixture out onto prepared pan.
- ☐ Bake at 250 for 1 hour, stirring every 15 minutes. Cool completely.

Nutrition Facts



Properties

Glycemic Index:4.65, Glycemic Load:1.84, Inflammation Score:-1, Nutrition Score:2.7965217642486%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 152.73kcal (7.64%), Fat: 7.46g (11.48%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 19.8g (7.2%), Sugar: 16.68g (18.54%), Cholesterol: 3.76mg (1.25%), Sodium: 106.49mg (4.63%), Alcohol: 0.07g (100%), Alcohol %: 0.25% (100%), Protein: 2.41g (4.82%), Vitamin E: 1.47mg (9.81%), Manganese: 0.19mg (9.59%), Magnesium: 22.99mg (5.75%), Vitamin B3: 1.02mg (5.08%), Phosphorus: 45.91mg (4.59%), Fiber: 1.12g (4.47%), Copper: 0.06mg (3.19%), Zinc: 0.4mg (2.68%), Vitamin B2: 0.04mg (2.43%), Vitamin B6: 0.05mg (2.34%), Folate: 9.23µg (2.31%), Vitamin B1: 0.03mg (2.23%), Potassium: 75.07mg (2.14%), Iron: 0.37mg (2.08%), Calcium: 17.59mg (1.76%), Vitamin K: 1.14µg (1.09%), Vitamin B5: 0.11mg (1.07%)