



Peanut Butter Popcorn Balls

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



16

CALORIES



233 kcal

DESSERT

Ingredients

- 1 cup brown sugar
- 0.3 cup butter
- 0.7 cup plus white
- 1 cup peanut butter
- 20 cups popped popcorn

Equipment

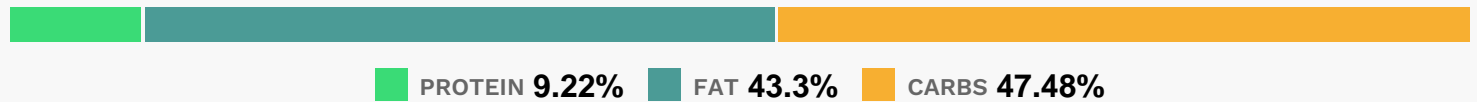
- bowl
- baking sheet

sauce pan

Directions

- Combine brown sugar, corn syrup, and butter in a large saucepan; cook and stir over medium heat until mixture comes to a rolling boil.
- Remove saucepan from heat; stir in peanut butter until mixture is smooth.
- Place popcorn in a large bowl.
- Pour peanut butter mixture over popcorn; toss until evenly coated. Form into about 16 balls using buttered hands. Arrange balls on a waxed paper-lined baking sheet; allow to dry and set, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:6.18, Inflammation Score:-3, Nutrition Score:5.5013043585679%

Nutrients (% of daily need)

Calories: 233.38kcal (11.67%), Fat: 11.83g (18.2%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 26.25g (9.55%), Sugar: 15.65g (17.39%), Cholesterol: 7.63mg (2.54%), Sodium: 97.13mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Manganese: 0.41mg (20.6%), Vitamin B3: 2.59mg (12.93%), Magnesium: 50.35mg (12.59%), Fiber: 2.94g (11.76%), Phosphorus: 111.19mg (11.12%), Vitamin E: 1.6mg (10.65%), Zinc: 0.88mg (5.83%), Copper: 0.11mg (5.69%), Vitamin B6: 0.11mg (5.35%), Folate: 19.66µg (4.91%), Potassium: 171.49mg (4.9%), Iron: 0.85mg (4.73%), Vitamin B5: 0.31mg (3.11%), Vitamin B1: 0.04mg (2.83%), Vitamin B2: 0.05mg (2.75%), Vitamin A: 115.71IU (2.31%), Calcium: 21.26mg (2.13%), Selenium: 0.91µg (1.3%)