



Peanut-Pecan Caramel Popcorn



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



5

CALORIES



722 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups mrs richardson's butterscotch caramel sauce
- ☐ 1 bag butter-flavored microwave popcorn
- ☐ 1 cup pecans chopped
- ☐ 5 servings sea salt for garnish
- ☐ 1 tablespoon butter unsalted
- ☐ 1.5 cups peanuts unsalted
- ☐ 1 teaspoon vanilla extract

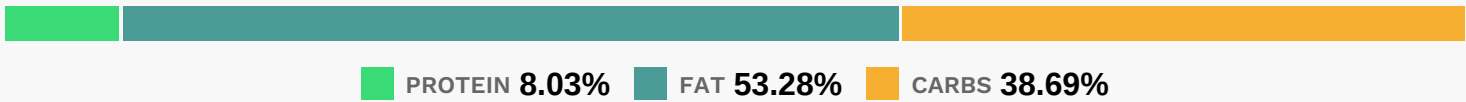
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 300 degrees F. Prepare a baking sheet by spraying it with canola spray.
- ☐ In a large saute pan over medium-low heat, add the butter, pecans and peanuts.
- ☐ Saute until the nuts become fragrant, about 5 minutes.
- ☐ Add the caramel sauce and vanilla extract and continue to cook on low until the caramel begins to thicken, an additional 5 minutes. Next, add the popcorn and stir to coat completely with the caramel sauce.
- ☐ Remove the popcorn from the heat and spread it into 1 even layer on the prepared sheet.
- ☐ Place the sheet in the oven and cook for 20 minutes.
- ☐ Remove from the oven, sprinkle with the sea salt and let cool. Break up the popcorn with a spoon and serve family style in a large bowl.

Nutrition Facts



Properties

Glycemic Index:14.95, Glycemic Load:5.44, Inflammation Score:-6, Nutrition Score:17.450869641874%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg

Nutrients (% of daily need)

Calories: 722.23kcal (36.11%), Fat: 45.33g (69.74%), Saturated Fat: 8.83g (55.19%), Carbohydrates: 74.07g (24.69%), Net Carbohydrates: 66.48g (24.17%), Sugar: 54.7g (60.77%), Cholesterol: 6.02mg (2.01%), Sodium: 642.4mg (27.93%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 15.37g (30.74%), Manganese: 2.08mg

(103.83%), Vitamin B3: 6.84mg (34.2%), Magnesium: 127.92mg (31.98%), Fiber: 7.59g (30.36%), Phosphorus: 301.8mg (30.18%), Copper: 0.49mg (24.32%), Vitamin E: 3.09mg (20.61%), Zinc: 2.61mg (17.4%), Vitamin B6: 0.3mg (15.16%), Vitamin B1: 0.22mg (14.55%), Potassium: 506.21mg (14.46%), Folate: 51.87µg (12.97%), Selenium: 7.38µg (10.55%), Vitamin B5: 0.98mg (9.78%), Calcium: 89.98mg (9%), Iron: 1.61mg (8.93%), Vitamin B2: 0.13mg (7.48%), Vitamin A: 195.22IU (3.9%), Vitamin B12: 0.17µg (2.79%), Vitamin K: 1.72µg (1.63%)