



Pecan Praline Popcorn Treats



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon apple cider vinegar
- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 8 cups popped popcorn plain
- ☐ 1.8 cups sugar
- ☐ 5 tablespoons butter unsalted cut into pieces

Equipment

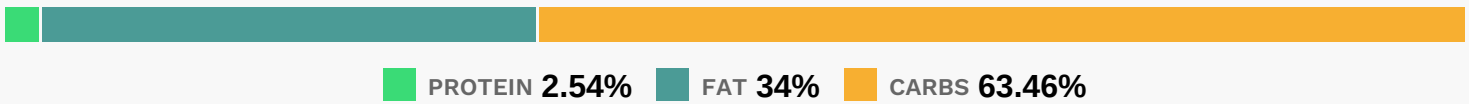
- ☐ pot
- ☐ baking pan

☐ spatula

Directions

- ☐ Oil a 9-inch square baking pan.
- ☐ Heat sugar in a dry 4-to 5-quart wide heavy pot over medium heat, stirring with a fork to heat sugar evenly, until it starts to melt. Stop stirring and cook, swirling pot occasionally so sugar melts evenly, until it is a deep golden caramel. Reduce heat to low. Stir in butter, pecans, vinegar, and 1/4 teaspoon salt. When butter is almost melted, add popcorn and stir to coat.
- ☐ Quickly press mixture into baking pan with a spatula. Cool completely.
- ☐ Cut or break into pieces.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:35.2, Inflammation Score:-2, Nutrition Score:3.4804348051548%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 320.89kcal (16.04%), Fat: 12.64g (19.45%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 53.1g (17.7%), Net Carbohydrates: 50.85g (18.49%), Sugar: 44.04g (48.93%), Cholesterol: 18.81mg (6.27%), Sodium: 2.3mg (0.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Manganese: 0.43mg (21.59%), Fiber: 2.25g (9%), Magnesium: 24.27mg (6.07%), Phosphorus: 60.38mg (6.04%), Copper: 0.12mg (5.75%), Vitamin A: 244.04IU (4.88%), Zinc: 0.66mg (4.4%), Vitamin B1: 0.06mg (3.79%), Iron: 0.55mg (3.04%), Vitamin E: 0.33mg (2.2%), Potassium: 67.32mg (1.92%), Vitamin B2: 0.03mg (1.72%), Vitamin B3: 0.34mg (1.69%), Vitamin B6: 0.03mg (1.59%), Folate: 5.17µg (1.29%), Vitamin B5: 0.12mg (1.25%)