



Peppermint Candy Cane Popcorn



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup peppermint candy cane crushed
- ☐ 0.3 cup popcorn kernels
- ☐ 6 ounces chocolate white melted

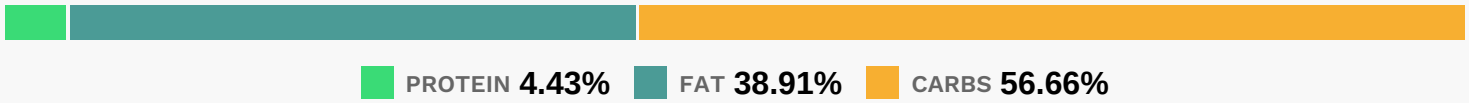
Equipment

- ☐ baking sheet

Directions

Mix the popcorn, crushed candy cane and melted chocolate until well combined, spread the mixture out on a baking sheet and let sit until the chocolate has set. (Tip: Chill in the fridge if you want the chocolate to set faster.)Break any large clumps up and enjoy!

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:26.94, Inflammation Score:-1, Nutrition Score:3.592608752458%

Nutrients (% of daily need)

Calories: 325.02kcal (16.25%), Fat: 14.09g (21.68%), Saturated Fat: 8.32g (51.97%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 44.77g (16.28%), Sugar: 34.76g (38.62%), Cholesterol: 8.93mg (2.98%), Sodium: 38.99mg (1.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Phosphorus: 105.49mg (10.55%), Calcium: 85.14mg (8.51%), Vitamin B2: 0.12mg (7.34%), Fiber: 1.39g (5.55%), Manganese: 0.1mg (5.11%), Magnesium: 17.71mg (4.43%), Potassium: 149.7mg (4.28%), Zinc: 0.6mg (3.98%), Vitamin B12: 0.24µg (3.97%), Vitamin B1: 0.06mg (3.95%), Vitamin K: 3.87µg (3.69%), Vitamin B5: 0.3mg (2.99%), Vitamin E: 0.43mg (2.89%), Selenium: 1.91µg (2.73%), Vitamin B6: 0.05mg (2.67%), Copper: 0.05mg (2.44%), Vitamin B3: 0.48mg (2.4%), Folate: 9.33µg (2.33%), Iron: 0.41mg (2.3%)