



Peppermint Popcorn Balls

 Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 12 peppermint candy canes crushed
- ☐ 16 ounce marshmallows
- ☐ 0.5 teaspoon peppermint extract
- ☐ 0.5 cup unpopped popcorn

Equipment

- ☐ bowl
- ☐ sauce pan

- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Pop popcorn in an air popper according to manufacturer's directions; transfer to a bowl and remove any unpopped kernels.
- ☐ Place a sheet of aluminum foil on a work surface and spray with cooking spray.
- ☐ Melt butter in a saucepan over medium-high heat.
- ☐ Add marshmallows to melted butter and stir constantly until mixture is smooth; remove from heat. Quickly stir candy canes and peppermint extract into butter mixture until well blended.
- ☐ Pour mixture over popcorn and mix until evenly coated. Allow popcorn mixture to cool.
- ☐ Spray your hands with cooking spray and form popcorn mixture into balls; arrange on the prepared aluminum foil. Wrap each ball with plastic wrap when completely cooled.

Nutrition Facts



Properties

Glycemic Index:12.03, Glycemic Load:17.51, Inflammation Score:-1, Nutrition Score:0.97869565305503%

Nutrients (% of daily need)

Calories: 160.37kcal (8.02%), Fat: 3.36g (5.18%), Saturated Fat: 2g (12.48%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 31.71g (11.53%), Sugar: 20.19g (22.43%), Cholesterol: 8.13mg (2.71%), Sodium: 48.91mg (2.13%), Alcohol: 0.05g (100%), Alcohol %: 0.13% (100%), Protein: 1.17g (2.34%), Fiber: 0.72g (2.9%), Manganese: 0.06mg (2.77%), Copper: 0.04mg (2.09%), Phosphorus: 19.68mg (1.97%), Vitamin A: 94.55IU (1.89%), Magnesium: 7.42mg (1.86%), Iron: 0.24mg (1.31%), Vitamin B1: 0.02mg (1.19%), Zinc: 0.17mg (1.11%)