



Popcorn and Candy Cookie Bars

READY IN



120 min.

SERVINGS



12

CALORIES



620 kcal

DESSERT

Ingredients

- 2 cups m&m candies
- 1 teaspoon kosher salt (coarse)
- 12 servings kosher salt (coarse)
- 6 cups popped popcorn
- 2 cups pretzel sticks
- 1 cup roasted peanuts salted
- 2 cups sugar
- 16 oz sugar refrigerated
- 0.5 cup water

0.7 cup whipping cream

Equipment

bowl

baking sheet

sauce pan

baking paper

oven

Directions

Heat oven to 350F. Spray cookie sheet with cooking spray or line with cooking parchment paper. Press cookie dough on cookie sheet.

In large saucepan, heat sugar, water and 1 teaspoon salt to boiling over medium-high heat. Boil without stirring until mixture is amber in color, about 8 to 12 minutes.

Remove from heat; slowly pour in whipping cream (mixture will sputter).

In large bowl, toss popcorn, pretzels, candies and peanuts.

Drizzle with caramel mixture; stir until well coated. Firmly and evenly press mixture on cookie dough.

Sprinkle with additional salt.

Bake 20 to 25 minutes or until cookie layer is baked. Cool completely.

Cut into 4 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:57.94, Inflammation Score:-3, Nutrition Score:5.5978261063928%

Nutrients (% of daily need)

Calories: 620.41kcal (31.02%), Fat: 19.59g (30.14%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 108.85g (36.28%), Net Carbohydrates: 105.71g (38.44%), Sugar: 93.31g (103.68%), Cholesterol: 20.14mg (6.71%), Sodium:

584.78mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.17%), Manganese: 0.44mg (21.94%), Fiber: 3.13g (12.53%), Vitamin B3: 2.44mg (12.22%), Phosphorus: 86.39mg (8.64%), Folate: 34.46µg (8.61%), Magnesium: 32.1mg (8.03%), Iron: 1.36mg (7.55%), Calcium: 65.26mg (6.53%), Copper: 0.12mg (5.89%), Vitamin B1: 0.09mg (5.77%), Vitamin A: 282.8IU (5.66%), Vitamin B2: 0.08mg (4.96%), Potassium: 147.39mg (4.21%), Zinc: 0.55mg (3.67%), Selenium: 2.15µg (3.07%), Vitamin B5: 0.26mg (2.63%), Vitamin B6: 0.05mg (2.57%), Vitamin D: 0.21µg (1.41%), Vitamin E: 0.18mg (1.21%)