

Popcorn Balls

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

14

CALORIES

calories

200 kcal

DESSERT

Ingredients

- ☐ 0.5 cup plus light
- ☐ 18 cups popped corn
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups water
- ☐ 1 teaspoon vinegar white

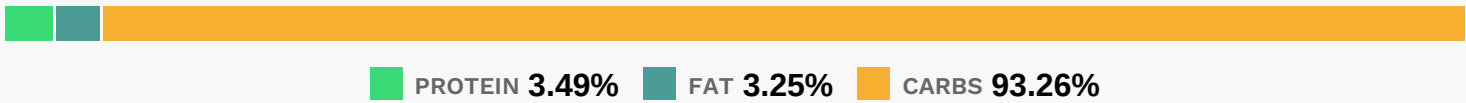
Equipment

- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ In a medium saucepan, combine sugar, water, syrup, vinegar, and salt. Cook over high heat until mixture reaches 255 degrees F (hard-ball stage) on a candy thermometer. Stir in vanilla.
- ☐ Pour over popped corn, tossing gently to coat. When mixture is cool enough to handle, press popcorn into 3-inch balls with lightly greased hands. Cool completely on waxed paper.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:27.67, Inflammation Score:-1, Nutrition Score:1.9395652231963%

Nutrients (% of daily need)

Calories: 200.09kcal (10%), Fat: 0.76g (1.17%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 48.86g (16.29%), Net Carbohydrates: 46.81g (17.02%), Sugar: 38.03g (42.25%), Cholesterol: 0mg (0%), Sodium: 93.18mg (4.05%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 1.83g (3.66%), Fiber: 2.05g (8.2%), Manganese: 0.16mg (7.98%), Magnesium: 20.75mg (5.19%), Phosphorus: 50.66mg (5.07%), Zinc: 0.49mg (3.3%), Iron: 0.47mg (2.59%), Copper: 0.04mg (2.15%), Vitamin B3: 0.33mg (1.64%), Vitamin B1: 0.02mg (1.46%), Potassium: 47.67mg (1.36%), Vitamin B6: 0.02mg (1.11%), Folate: 4.38µg (1.1%), Vitamin B2: 0.02mg (1.03%)