



Popcorn Balls



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cacao nibs
- ☐ 7.5 ounces plus light
- ☐ 7 ounces granulated sugar
- ☐ 1 teaspoon kosher salt
- ☐ 4.3 ounces blackstrap molasses
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 3 ounces popcorn kernels
- ☐ 0.5 teaspoon popcorn salt

- ☐ 3 tablespoons butter unsalted
- ☐ 10 servings butter unsalted for shaping
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

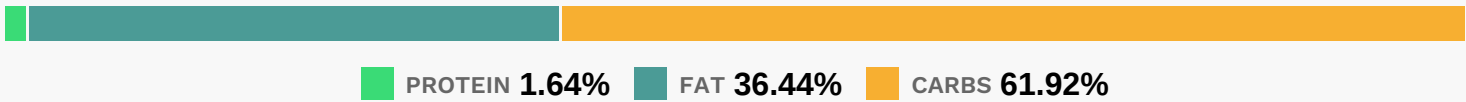
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave
- ☐ tongs
- ☐ candy thermometer

Directions

- ☐ Combine the popcorn and cocoa nibs in a very large mixing bowl. Make sure to remove any unpopped kernels.
- ☐ Combine the corn syrup, sugar, molasses, water, salt, and vanilla in a 3 1/2-quart saucepan and put it over medium heat. Cover and bring to boil, about 2 to 3 minutes.
- ☐ Remove the lid and clip on a candy thermometer. Continue to cook until the mixture reaches 250 degrees F. Take the pan off the heat, remove the candy thermometer and immediately pour the mixture over the popcorn. Stir to coat the popcorn evenly. Cool until the mixture can be handled safely, about 2 to 3 minutes.
- ☐ Using a large ice cream disher, scoop the popcorn mixture into 3-inch rounds onto a parchment lined half sheet pan, smoothing with buttered hands as needed. Cool completely. Wrap individually in plastic wrap or put them in an airtight container. Store for up to 2 days.
- ☐ Put the oil, popcorn and salt in a large, 6-quart, metal mixing bowl. Cover with heavy-duty aluminum foil and poke 10 slits in the top with a knife.

- ☐
- Put the bowl over medium heat and shake constantly using tongs to hold the bowl. Continue shaking until the popcorn finishes popping, approximately 3 minutes.
- ☐
- Remove the bowl from the heat and carefully remove the foil. Stir in any salt that is on the side of the bowl. Melt the butter in the microwave.
- ☐
- Slowly drizzle over the popcorn, while spinning the bowl.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.31, Glycemic Load:20.92, Inflammation Score:-3, Nutrition Score:3.5926086798958%

Nutrients (% of daily need)

Calories: 324.27kcal (16.21%), Fat: 13.59g (20.91%), Saturated Fat: 6.48g (40.47%), Carbohydrates: 51.97g (17.32%), Net Carbohydrates: 50.5g (18.36%), Sugar: 45.3g (50.33%), Cholesterol: 19.78mg (6.59%), Sodium: 368.7mg (16.03%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 1.38g (2.75%), Manganese: 0.27mg (13.46%), Magnesium: 43.92mg (10.98%), Vitamin E: 0.89mg (5.96%), Fiber: 1.47g (5.86%), Potassium: 202.69mg (5.79%), Vitamin B6: 0.11mg (5.28%), Iron: 0.84mg (4.69%), Vitamin A: 229.91IU (4.6%), Copper: 0.08mg (4.14%), Selenium: 2.51µg (3.58%), Phosphorus: 31.4mg (3.14%), Calcium: 30.79mg (3.08%), Vitamin B1: 0.04mg (3%), Zinc: 0.38mg (2.5%), Vitamin B5: 0.14mg (1.41%), Folate: 5.55µg (1.39%), Vitamin B3: 0.25mg (1.27%)