



Popcorn Balls

READY IN



45 min.

SERVINGS



10

CALORIES



131 kcal

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 cup cheerios toasted
- ☐ 0.3 cup roasted peanuts salted chopped
- ☐ 2.3 cups marshmallows mini
- ☐ 3 tablespoons popcorn kernels
- ☐ 1 ounce pretzel sticks
- ☐ 2 tablespoons butter unsalted

Equipment

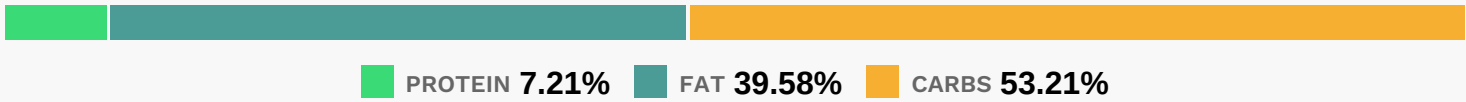
- ☐ frying pan

☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add kernels; cover and cook 4 minutes, shaking pan frequently. When popping slows, remove pan from heat.
- ☐ Let stand.
- ☐ Melt butter in a pan over low heat.
- ☐ Add marshmallows; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Add 3 cups popcorn and remaining ingredients; stir. Cool 2 minutes. Form into 10 (3-inch) balls. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14.35, Glycemic Load:7.34, Inflammation Score:-2, Nutrition Score:3.3665217109348%

Nutrients (% of daily need)

Calories: 130.56kcal (6.53%), Fat: 5.96g (9.18%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 16.63g (6.05%), Sugar: 6.69g (7.44%), Cholesterol: 6.02mg (2.01%), Sodium: 71.12mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Manganese: 0.25mg (12.28%), Folate: 28.64µg (7.16%), Vitamin B3: 1.18mg (5.88%), Iron: 1.03mg (5.72%), Fiber: 1.41g (5.63%), Vitamin B1: 0.07mg (4.68%), Phosphorus: 44.76mg (4.48%), Magnesium: 17.01mg (4.25%), Zinc: 0.56mg (3.71%), Vitamin B6: 0.07mg (3.34%), Copper: 0.06mg (3.09%), Vitamin A: 139.25IU (2.79%), Vitamin B12: 0.15µg (2.45%), Vitamin E: 0.35mg (2.31%), Potassium: 65.61mg (1.87%), Selenium: 1.14µg (1.63%), Calcium: 13.22mg (1.32%), Vitamin K: 1.32µg (1.25%), Vitamin B5: 0.11mg (1.1%), Vitamin B2: 0.02mg (1.09%)