

Popcorn Balls

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



1073 kcal

DESSERT

Ingredients

- 0.3 cup butter unsalted plus more for buttering hands ()
- 10 ounces marshmallows miniature
- 0.3 cup brown sugar light packed
- 3 quarts popped popcorn
- 1 cup cranberries dried english

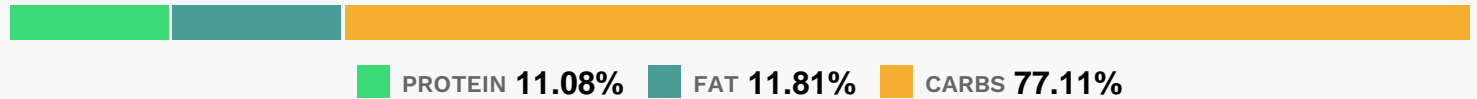
Equipment

- baking sheet
- pot

Directions

- Melt butter in a large heavy pot over low heat.
- Add marshmallows and brown sugar and stir until melted.
- Remove from heat.
- Pour popcorn and cranberries, or English toffee bits if using, into pot; toss well. With buttered hands, shape into 2 1/2-inch balls. Set on parchment lined baking sheet to dry slightly.

Nutrition Facts



Properties

Glycemic Index:10.57, Glycemic Load:111.1, Inflammation Score:-9, Nutrition Score:28.212608406887%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 1073.16kcal (53.66%), Fat: 14.73g (22.67%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 216.37g (72.12%), Net Carbohydrates: 181.51g (66%), Sugar: 27.45g (30.5%), Cholesterol: 10.17mg (3.39%), Sodium: 40.14mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.21%), Fiber: 34.86g (139.46%), Manganese: 2.66mg (133.25%), Magnesium: 342.07mg (85.52%), Phosphorus: 851mg (85.1%), Zinc: 7.31mg (48.75%), Iron: 7.67mg (42.64%), Copper: 0.65mg (32.6%), Vitamin B3: 5.54mg (27.71%), Potassium: 791.74mg (22.62%), Vitamin B6: 0.38mg (18.9%), Folate: 73.77µg (18.44%), Vitamin B1: 0.25mg (16.52%), Vitamin B5: 1.24mg (12.41%), Vitamin B2: 0.2mg (11.83%), Vitamin A: 581.89IU (11.64%), Vitamin E: 1.01mg (6.72%), Vitamin K: 3.94µg (3.75%), Calcium: 23.12mg (2.31%)