



Popcorn Balls

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



551 kcal

DESSERT

Ingredients

- 1.5 tablespoons butter
- 0.5 cup plus light
- 0.5 cup blackstrap molasses
- 1.5 quarts freshly popped popcorn salted
- 2 teaspoons vinegar

Equipment

- frying pan
- sauce pan

Directions

- Spread popcorn evenly in a lightly greased 15-x 10-x 1-inch jellyroll pan; set aside.
- Combine molasses, corn syrup, and vinegar in a medium saucepan; cook over low heat, stirring occasionally, until mixture reaches soft crack stage (270).
- Remove from heat; stir in butter.
- Pour syrup over popcorn; stir until all popcorn is coated.
- Let mixture cool slightly; shape into 2 1/2-inch balls.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:56.44, Inflammation Score:-7, Nutrition Score:17.476521799017%

Nutrients (% of daily need)

Calories: 551.46kcal (27.57%), Fat: 6.82g (10.5%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 113.57g (37.86%), Net Carbohydrates: 96.42g (35.06%), Sugar: 22.43g (24.92%), Cholesterol: 0mg (0%), Sodium: 39.99mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.65%), Manganese: 1.53mg (76.6%), Fiber: 17.15g (68.61%), Magnesium: 204.53mg (51.13%), Phosphorus: 428.28mg (42.83%), Zinc: 3.75mg (24.98%), Iron: 4.44mg (24.65%), Copper: 0.38mg (18.92%), Potassium: 595.09mg (17%), Vitamin B3: 2.86mg (14.31%), Vitamin B6: 0.28mg (14%), Folate: 36.69µg (9.17%), Vitamin B1: 0.14mg (9.16%), Vitamin B5: 0.72mg (7.18%), Vitamin A: 294.45IU (5.89%), Vitamin B2: 0.1mg (5.83%), Calcium: 39.49mg (3.95%), Selenium: 2.6µg (3.72%), Vitamin E: 0.4mg (2.65%), Vitamin K: 1.42µg (1.35%)