



Popcorn Balls

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



1484 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.3 cup butter cubed
- 0.3 cup corn syrup dark
- 2 quarts popped popcorn
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup water

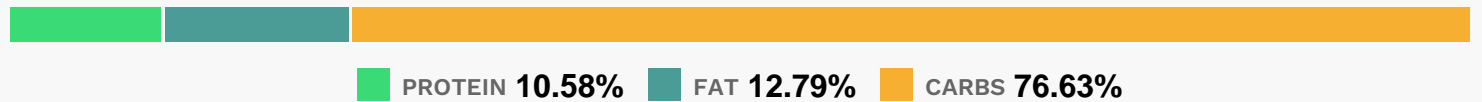
Equipment

- bowl
- sauce pan
- candy thermometer

Directions

- Place popcorn in a large bowl; set aside. In a large heavy saucepan, combine the brown sugar, water, corn syrup, butter and salt. Bring to a boil over medium heat, stirring constantly. Continue cooking, without stirring, until a candy thermometer reads 270° (soft-crack stage).
- Remove from the heat; stir in vanilla.
- Pour over popcorn; stir to coat. When cool enough to handle, quickly shape into balls.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:145.9, Inflammation Score:-9, Nutrition Score:33.691739031802%

Nutrients (% of daily need)

Calories: 1484.05kcal (74.2%), Fat: 21.99g (33.83%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 296.5g (98.83%), Net Carbohydrates: 250.75g (91.18%), Sugar: 53.1g (59%), Cholesterol: 20.34mg (6.78%), Sodium: 320.19mg (13.92%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 40.94g (81.89%), Fiber: 45.74g (182.96%), Manganese: 3.56mg (177.77%), Magnesium: 459.47mg (114.87%), Phosphorus: 1135.18mg (113.52%), Zinc: 9.75mg (64.97%), Iron: 10.4mg (57.76%), Copper: 0.86mg (42.82%), Vitamin B3: 7.33mg (36.66%), Potassium: 1098.23mg (31.38%), Vitamin B6: 0.51mg (25.62%), Folate: 98.44µg (24.61%), Vitamin B1: 0.33mg (22.05%), Vitamin A: 854.65IU (17.09%), Vitamin B5: 1.67mg (16.72%), Vitamin B2: 0.27mg (15.73%), Vitamin E: 1.13mg (7.56%), Calcium: 58.78mg (5.88%), Vitamin K: 4.45µg (4.24%), Selenium: 1.08µg (1.55%)