



Popcorn Brittle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 6 tablespoons plus light
- ☐ 3 tablespoons blackstrap molasses
- ☐ 5.5 cups popped popcorn
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 0.5 teaspoon vanilla extract

☐ 0.3 cup water

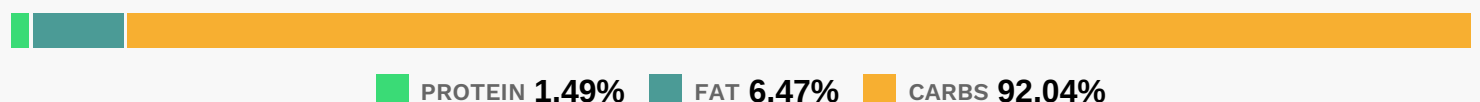
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ candy thermometer

Directions

- ☐ Line a baking sheet with foil; coat foil with cooking spray. Set aside.
- ☐ Place popcorn in a large zip-top plastic bag; seal. Crush popcorn using a meat mallet or rolling pin; set aside.
- ☐ Combine sugar, syrup, and water in a medium saucepan over medium heat. Cook 1 minute or until sugar dissolves, stirring constantly. Cook, without stirring, until candy thermometer registers 270 (about 8 minutes). Stir in molasses and butter; cook until thermometer registers 290 (about 5 minutes). Stir in baking soda, vanilla, and salt. Stir popcorn into boiling syrup mixture. Working quickly, pour popcorn mixture onto prepared pan; spread to 1/4-inch thickness using a wooden spoon coated with cooking spray. Cool completely; break into large pieces.
- ☐ Note: Store brittle in an airtight container at room temperature for up to four days.

Nutrition Facts



Properties

Glycemic Index:20.79, Glycemic Load:22.82, Inflammation Score:-1, Nutrition Score:1.4969565135467%

Nutrients (% of daily need)

Calories: 170.24kcal (8.51%), Fat: 1.28g (1.97%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 40.3g (14.65%), Sugar: 37.2g (41.33%), Cholesterol: 2.51mg (0.84%), Sodium: 111.13mg (4.83%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 0.66g (1.32%), Manganese: 0.13mg (6.71%), Magnesium: 19.56mg (4.89%), Fiber: 0.73g (2.92%), Potassium: 90.73mg (2.59%), Iron: 0.41mg (2.28%), Vitamin B6: 0.04mg (2.07%), Copper: 0.04mg (2.01%), Phosphorus: 19.89mg (1.99%), Selenium: 1.13µg (1.61%), Zinc: 0.22mg (1.48%), Calcium: 12.76mg (1.28%)