

Popcorn Candy Balls

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 1 cup m&m candies
- 16 ounce marshmallows
- 2 cups popped popcorn

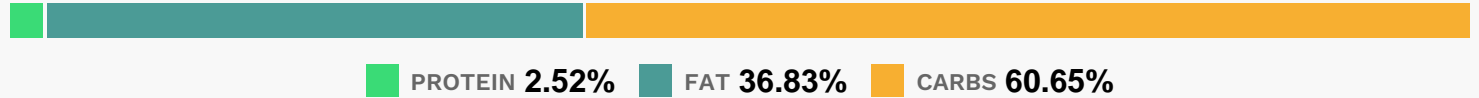
Equipment

- sauce pan

Directions

- In a saucepan over low heat, combine the butter and marshmallows. Stir until marshmallows are softened.
- Add popcorn and candies; mix until evenly coated with marshmallows.
- Allow to cool enough to touch. Grease hands with butter and form into balls.

Nutrition Facts



Properties

Glycemic Index:14.74, Glycemic Load:19.34, Inflammation Score:-1, Nutrition Score:1.0599999810043%

Nutrients (% of daily need)

Calories: 282.13kcal (14.11%), Fat: 11.88g (18.27%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 44.02g (14.67%), Net Carbohydrates: 43.25g (15.73%), Sugar: 32.63g (36.26%), Cholesterol: 22.94mg (7.65%), Sodium: 102.99mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Vitamin A: 278.78IU (5.58%), Fiber: 0.77g (3.09%), Calcium: 23.64mg (2.36%), Copper: 0.04mg (2.07%), Iron: 0.36mg (2%), Vitamin E: 0.22mg (1.5%), Phosphorus: 11.86mg (1.19%), Manganese: 0.02mg (1.17%), Selenium: 0.74µg (1.05%)