



Popcorn-Marshmallow Pops

 Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



449 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ice-pop sticks
- 0.5 cup m&ms
- 10 oz marshmallows
- 12 cups popped popcorn plain (from)
- 0.3 teaspoon salt
- 3 tablespoons butter unsalted plus more for hands
- 1 teaspoon vanilla extract

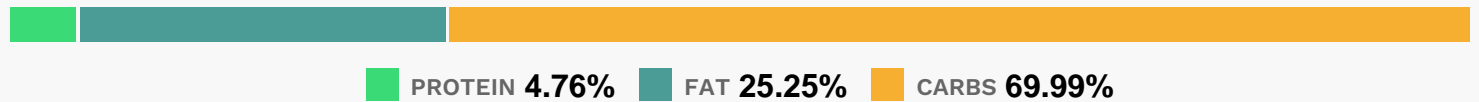
Equipment

- bowl
- sauce pan
- wooden spoon

Directions

- Place popcorn in a large bowl. Melt 3 Tbsp. butter in a medium saucepan over medium heat. Stir in vanilla, marshmallows and salt. Continue to stir until smooth.
- Pour marshmallow mixture over popcorn and mix with a wooden spoon to coat. Grease your hands with a thin layer of softened butter, then shape popcorn mixture into 10 balls and place on a piece of parchment or waxed paper. Press M&Ms into balls so they adhere. Insert 1 ice-pop stick into each ball.
- Serve. (Position in pails to look like flower arrangements.)

Nutrition Facts



Properties

Glycemic Index:25.37, Glycemic Load:38.96, Inflammation Score:-3, Nutrition Score:4.426087004335%

Nutrients (% of daily need)

Calories: 449.42kcal (22.47%), Fat: 12.98g (19.98%), Saturated Fat: 7.51g (46.91%), Carbohydrates: 81g (27%), Net Carbohydrates: 76.55g (27.84%), Sugar: 46g (51.11%), Cholesterol: 21.18mg (7.06%), Sodium: 180.29mg (7.84%), Alcohol: 0.28g (100%), Alcohol %: 0.25% (100%), Protein: 5.5g (11.01%), Fiber: 4.45g (17.79%), Manganese: 0.3mg (15.04%), Phosphorus: 101.11mg (10.11%), Magnesium: 39.7mg (9.92%), Iron: 1.23mg (6.84%), Copper: 0.13mg (6.53%), Vitamin A: 308.25IU (6.17%), Zinc: 0.85mg (5.65%), Vitamin B3: 0.66mg (3.3%), Calcium: 30.69mg (3.07%), Potassium: 92.91mg (2.65%), Folate: 9µg (2.25%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.03mg (1.9%), Vitamin E: 0.27mg (1.81%), Vitamin B2: 0.03mg (1.53%), Selenium: 1.05µg (1.5%), Vitamin B5: 0.15mg (1.47%)