

Poppy the Penguin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



3618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 cups popped popcorn
- ☐ 0.3 cup butter
- ☐ 10.5 ounces marshmallows miniature (6 cups)
- ☐ 0.3 teaspoon peppermint extract
- ☐ 2 candy canes
- ☐ 6 ounces candy coating disks melted (almond bark)
- ☐ 4 ounces candy coating disks melted (almond bark)
- ☐ 1 serving strawberry jam

☐ 1 serving m&m candies assorted

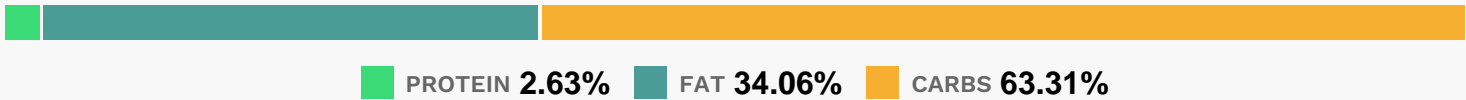
Equipment

- ☐ bowl
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Discard unpopped kernels from popped popcorn.
- ☐ Heat butter and marshmallows in Dutch oven over low heat, stirring constantly, until mixture is smooth; remove from heat. Stir in peppermint extract. Carefully fold in popcorn until evenly coated. Cool slightly.
- ☐ To make penguin, shape popcorn mixture, using well-buttered hands, into a log about 9 inches long and 4 inches in diameter. Shape so one end is narrower, the middle is wider and the other end shaped to a point. Curve the pointed end to make a tail. Shape popcorn to make feet and beak.
- ☐ Place candy canes on lightly buttered serving plate; set penguin upright on candy canes, turning the curved ends of the candy canes upright to resemble skis. Press popcorn mixture firmly onto candy canes.
- ☐ Brush vanilla coating over penguin, coating completely. Refrigerate just until coating is set.
- ☐ Brush on chocolate coating for penguin's coat. Make stocking cap and scarf from fruit rolls; decorate with vanilla coating if desired. Complete penguin by decorating as desired with candies.
- ☐ Place marshmallows in 4-quart microwavable bowl or casserole.
- ☐ Cut butter into 4 pieces; place on marshmallows. Microwave uncovered on High 1 minute; stir. Microwave uncovered 30 seconds to 1 minute 30 seconds longer or just until mixture can be stirred smooth. Stir in peppermint extract. Continue as directed.

Nutrition Facts



Properties

Glycemic Index:181.83, Glycemic Load:209.2, Inflammation Score:-9, Nutrition Score:21.945217606814%

Nutrients (% of daily need)

Calories: 3618kcal (180.9%), Fat: 136.79g (210.44%), Saturated Fat: 93.56g (584.77%), Carbohydrates: 572.01g (190.67%), Net Carbohydrates: 551.95g (200.71%), Sugar: 394.31g (438.13%), Cholesterol: 2.25mg (0.75%), Sodium: 882.75mg (38.38%), Alcohol: 0.34g (100%), Alcohol %: 0.05% (100%), Protein: 23.74g (47.48%), Fiber: 20.06g (80.25%), Manganese: 1.5mg (75.16%), Phosphorus: 513.29mg (51.33%), Magnesium: 198.66mg (49.66%), Vitamin A: 2322.27IU (46.45%), Copper: 0.66mg (32.76%), Iron: 5.18mg (28.77%), Zinc: 4.2mg (27.99%), Vitamin B3: 3.3mg (16.52%), Vitamin E: 2.17mg (14.44%), Potassium: 489.88mg (14%), Folate: 46.66µg (11.67%), Vitamin B6: 0.23mg (11.28%), Vitamin B1: 0.15mg (9.95%), Vitamin B2: 0.15mg (8.8%), Selenium: 5.46µg (7.8%), Vitamin B5: 0.74mg (7.4%), Calcium: 56.71mg (5.67%), Vitamin C: 1.96mg (2.38%), Vitamin K: 1.58µg (1.51%)