



Praline Popcorn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.8 cup maple syrup
- ☐ 3 ounce butter-flavored microwave popcorn with orville redenbacher's smart pop) (12 cups)
- ☐ 2 cups pecan halves
- ☐ 2 teaspoons vanilla extract

Equipment

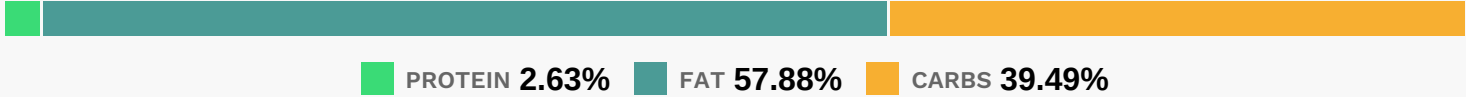
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place pecans in a large bowl. Set aside.
- ☐ Combine brown sugar, maple syrup, and butter in a small heavy saucepan; bring to a boil over medium-high heat, stirring often. Reduce heat to medium, and cook 2 minutes, stirring often.
- ☐ Remove from heat, and stir in vanilla.
- ☐ Drizzle sugar mixture over pecans, tossing to coat.
- ☐ Add popcorn, 2 cups at a time, stirring until well coated.
- ☐ Spoon popcorn mixture onto a buttered 15" x 10" jellyroll pan.
- ☐ Bake at 250 for 1 hour, stirring mixture every 15 minutes with a large spoon. Cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:14.66, Glycemic Load:7.78, Inflammation Score:-3, Nutrition Score:7.8526087280201%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg

Nutrients (% of daily need)

Calories: 358.33kcal (17.92%), Fat: 23.73g (36.51%), Saturated Fat: 7.56g (47.25%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 33.93g (12.34%), Sugar: 28.54g (31.71%), Cholesterol: 22.18mg (7.39%), Sodium: 131.58mg (5.72%), Alcohol: 0.25g (100%), Alcohol %: 0.43% (100%), Protein: 2.43g (4.86%), Manganese: 1.38mg (69.22%), Vitamin B2: 0.31mg (18.3%), Copper: 0.24mg (11.96%), Fiber: 2.51g (10.04%), Vitamin B1: 0.14mg (9.14%), Magnesium: 36.15mg (9.04%), Zinc: 1.16mg (7.72%), Phosphorus: 72.93mg (7.29%), Vitamin A: 281.54IU (5.63%), Calcium:

53.32mg (5.33%), Potassium: 180.02mg (5.14%), Vitamin E: 0.71mg (4.76%), Iron: 0.74mg (4.13%), Vitamin B6: 0.07mg (3.36%), Selenium: 1.52µg (2.17%), Vitamin B5: 0.2mg (2.01%), Vitamin B3: 0.37mg (1.85%), Vitamin K: 1.68µg (1.6%), Folate: 5.58µg (1.39%)