



Red Hot Cinnamon Popcorn

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 4 tablespoons butter plus extra unsalted for pan
- ☐ 2 tablespoons plus light
- ☐ 0.3 cup granulated sugar
- ☐ 6 cups popped microwave popcorn (I used 6)
- ☐ 0.3 cup hots red

Equipment

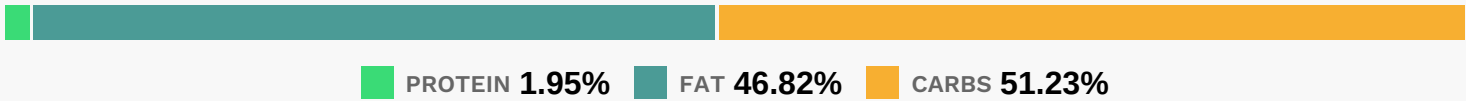
- ☐ sauce pan

- ☐ oven
- ☐ roasting pan
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 250 degrees F. Butter a large roasting pan. In a small saucepan, I used a non-stick type, melt the butter over medium heat.
- ☐ Add the sugar, corn syrup and red hots and continue stirring until the red hots are melted. Once they're fully melted, insert a candy thermometer and continue heating for 3 minutes or until the candy reaches hard ball stage.
- ☐ Remove from heat and immediately add baking soda.
- ☐ Pour over the popcorn, then empty into the roasting pan.
- ☐ Bake at 250 for 1 hour, stirring every 15 to 20 minutes. Cool completely. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:10.16, Inflammation Score:-2, Nutrition Score:1.6460869506649%

Nutrients (% of daily need)

Calories: 205.41kcal (10.27%), Fat: 11.03g (16.97%), Saturated Fat: 6.42g (40.14%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 26.05g (9.47%), Sugar: 20.16g (22.4%), Cholesterol: 20.07mg (6.69%), Sodium: 112.39mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Vitamin A: 252.6IU (5.05%), Fiber: 1.11g (4.44%), Manganese: 0.08mg (4.18%), Vitamin E: 0.53mg (3.55%), Phosphorus: 30.62mg (3.06%), Magnesium: 11.81mg (2.95%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.64%), Potassium: 49.89mg (1.43%), Selenium: 0.98µg (1.39%), Iron: 0.23mg (1.26%), Copper: 0.02mg (1.21%), Vitamin K: 1.12µg (1.06%)