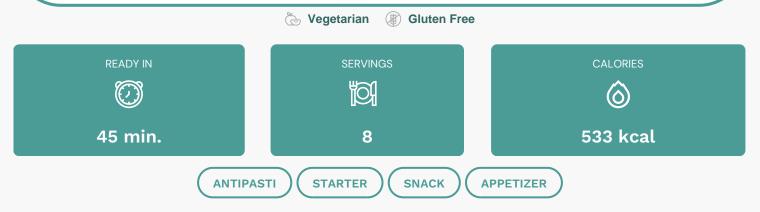


Serious Heat: Homemade Gift of Chipotle Caramel Popcorn Crunch



Ingredients

0.3 cup canola oil

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2 teaspoons chipotle chili powder
1 cup peanuts (or cashews, pecans, etc.)
8 servings pepper freshly ground
0.7 cup popcorn kernels
2 teaspoons salt
3 cups sugar

ш	2 tablespoorts butter disalted	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
	pot	
	aluminum foil	
	stove	
	candy thermometer	
Directions		
	In a large pot over medium heat, warm the oil.	
	Add one kernel of corn; once it has popped, add the rest of the kernels, cover the pan and shake it occasionally until popping has subsided.	
	Pour popped corn into a large bowl, and remove the pot from heat to cool.	
	In a 350°F oven, toast peanuts on a baking sheet until golden and fragrant, and add the nuts to the popped corn.	
	Wash the cooled pot, and return it to the stove, add sugar and enough water—approximate 1/4 cup—to achieve the consistency of wet sand.	
	Heat over high heat until a candy thermometer reads 320°F, swirling pot once caramelizing begins to ensure color is evenly distributed.	
	Add salt, chipotle powder and black pepper, then add butter—caramel will now bubble up slightly.	
	Add popcorn and peanuts, and stir quickly until all are evenly coated.	
	Pour mixture onto foil wrapped or parchment-lined sheet tray, and cool slightly. Using a spoon, break into smaller clusters, and allow to cool completely before transferring to an airtight container. Popcorn can be made up to 1 week ahead.	

Nutrition Facts

Properties

Glycemic Index:14.54, Glycemic Load:52.53, Inflammation Score:-4, Nutrition Score:7.7482608585902%

Nutrients (% of daily need)

Calories: 532.66kcal (26.63%), Fat: 19.79g (30.45%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 88.01g (29.34%), Net Carbohydrates: 84.35g (30.67%), Sugar: 75.01g (83.35%), Cholesterol: 7.53mg (2.51%), Sodium: 595.7mg (25.9%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.37g (12.73%), Manganese: 0.64mg (31.97%), Vitamin B3: 3.19mg (15.93%), Fiber: 3.67g (14.67%), Folate: 52.54µg (13.13%), Magnesium: 52.12mg (13.03%), Phosphorus: 114.17mg (11.42%), Vitamin B1: 0.17mg (11.2%), Copper: 0.21mg (10.4%), Vitamin E: 1.53mg (10.21%), Iron: 1.27mg (7.05%), Vitamin B6: 0.11mg (5.69%), Vitamin K: 5.93µg (5.65%), Potassium: 186.77mg (5.34%), Zinc: 0.8mg (5.32%), Vitamin A: 236.26IU (4.73%), Vitamin B5: 0.39mg (3.87%), Vitamin B2: 0.05mg (3.02%), Selenium: 1.91µg (2.72%), Calcium: 24.07mg (2.41%)