



Serious Heat: Homemade Gift of Chipotle Caramel Popcorn Crunch



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



533 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 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

- ☐ 2 tablespoons butter unsalted

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—approximately 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



 PROTEIN **4.58%**  FAT **32.06%**  CARBS **63.36%**

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 %: 0% (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%)