



Skulls on Sticks

READY IN



45 min.

SERVINGS



8

CALORIES



434 kcal

SIDE DISH

Ingredients

- ☐ 8 servings almond m&m's and candy corn
- ☐ 0.7 cup brown sugar light packed
- ☐ 10.5 oz marshmallows mini
- ☐ 0.5 cup unpopped popcorn
- ☐ 4 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

Equipment

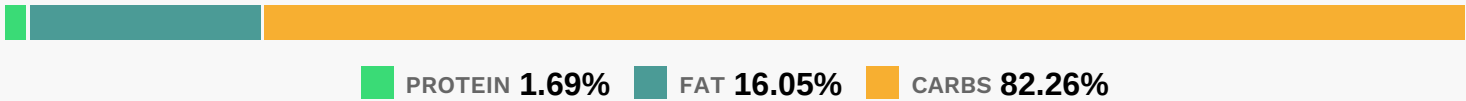
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ pot

Directions

- ☐ Mist a large bowl with cooking spray. Line a baking sheet with parchment. Warm oil in a large pot over high heat.
- ☐ Add popcorn, partially cover and cook, shaking pot. When corn stops popping, remove from heat.
- ☐ Transfer popcorn to bowl.
- ☐ Add butter, sugar and marshmallows to pan; cook over medium heat, stirring, until melted and smooth. Continue to cook, stirring, for about 5 minutes.
- ☐ Pour over popcorn; stir to coat.
- ☐ Let cool slightly.
- ☐ Mist hands with cooking spray. Form popcorn into 8 skulls around craft sticks. Set on parchment. With clean hands, press M&M's and candy corn into skulls to make eyes and teeth.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:18.28, Inflammation Score:-1, Nutrition Score:2.1678260908179%

Nutrients (% of daily need)

Calories: 434.39kcal (21.72%), Fat: 7.89g (12.14%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 91g (30.33%), Net Carbohydrates: 89.66g (32.61%), Sugar: 71.64g (79.6%), Cholesterol: 15.05mg (5.02%), Sodium: 140.91mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Manganese: 0.11mg (5.68%), Fiber: 1.34g (5.36%), Magnesium: 15.14mg (3.79%), Phosphorus: 36.04mg (3.6%), Vitamin A: 174.93IU (3.5%), Copper: 0.07mg (3.46%), Vitamin K: 3.62µg (3.44%), Iron: 0.53mg (2.94%), Vitamin B1: 0.03mg (2.21%), Vitamin E: 0.33mg (2.18%), Zinc: 0.31mg (2.06%), Vitamin B6: 0.04mg (1.92%), Calcium: 18.53mg (1.85%), Folate: 7.12µg (1.78%), Potassium: 56.01mg (1.6%), Selenium: 0.92µg (1.32%), Vitamin B3: 0.22mg (1.08%)