



Slacker Jacks

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



6

CALORIES



660 kcal

SIDE DISH

Ingredients

- 16 ounces brown sugar dark
- 0.3 cup plus dark
- 3 ounces popped popcorn
- 1 cup peanuts salted
- 4 ounces butter unsalted
- 0.5 teaspoon vanilla extract pure

Equipment

- frying pan

- sauce pan
- baking paper
- oven
- mixing bowl

Directions

- Watch how to make this recipe.
- Preheat the oven to 250 degrees F.
- Spray a sheet pan with nonstick spray and line with parchment paper. Spray the parchment paper with nonstick spray as well and set aside.
- Combine the popcorn and peanuts in a large mixing bowl. Set aside until ready to use.
- Melt the butter in a medium saucepan over medium heat.
- Add the brown sugar, corn syrup and vanilla and stir until combined.
- Heat the mixture until it reaches 250 degrees F, approximately 10 minutes.
- Pour the syrup over the popcorn and stir to combine. You will need to work quickly because the syrup hardens rapidly.
- Spread the mixture onto the prepared sheet pan and bake in the oven for 1 hour. Cool completely.
- Break into pieces and serve immediately or store in an airtight container for 2 to 3 days.

Nutrition Facts



PROTEIN 5.17% **FAT 36.46%** **CARBS 58.37%**

Properties

Glycemic Index:26.06, Glycemic Load:15.88, Inflammation Score:-5, Nutrition Score:9.0230435210726%

Nutrients (% of daily need)

Calories: 660.13kcal (33.01%), Fat: 27.91g (42.93%), Saturated Fat: 11.63g (72.67%), Carbohydrates: 100.53g (33.51%), Net Carbohydrates: 96.31g (35.02%), Sugar: 84.53g (93.92%), Cholesterol: 40.63mg (13.54%), Sodium: 151.8mg (6.6%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 8.9g (17.8%), Manganese: 0.79mg (39.75%), Vitamin B3: 4.06mg (20.28%), Magnesium: 69.65mg (17.41%), Fiber: 4.22g (16.88%), Phosphorus: 154.06mg (15.41%), Copper: 0.24mg (12.22%), Vitamin A: 500.09IU (10%), Potassium: 347.29mg (9.92%), Calcium: 95.2mg

(9.52%), Folate: 36.38µg (9.09%), Iron: 1.6mg (8.89%), Zinc: 0.97mg (6.46%), Vitamin B1: 0.09mg (6.29%), Vitamin B6: 0.12mg (5.87%), Vitamin B5: 0.54mg (5.35%), Selenium: 3.33µg (4.76%), Vitamin E: 0.48mg (3.2%), Vitamin B2: 0.04mg (2.38%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.49µg (1.42%)