

Smoky-Salty Caramel Corn



Vegetarian



Gluten Free

READY IN



31 min.

SERVINGS



6

CALORIES



850 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups brown sugar light packed
- ☐ 1 cup butter
- ☐ 0.5 cup plus light
- ☐ 0.5 cup popcorn kernels
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 6 ounce almonds smoked whole canned

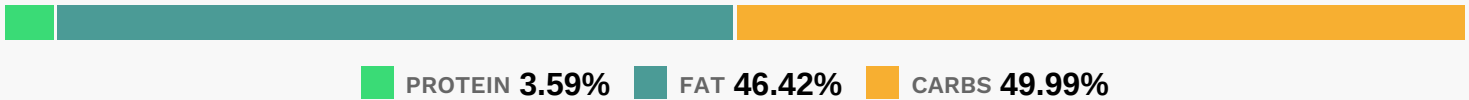
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Line 1 large, rimmed baking sheet with nonstick aluminum foil or parchment paper; set aside.
- ☐ Combine popcorn and almonds in a very large bowl; set aside.
- ☐ Combine butter, corn syrup, and brown sugar in a large (3-quart), heavy pan. Cook over medium-low heat, stirring often, until butter melts and sugar dissolves. Increase heat to medium, and bring to a boil. Cook, without stirring, until mixture reaches 254 (very hard ball) on a candy thermometer.
- ☐ Remove from heat.
- ☐ Stir in salt, baking soda, and vanilla extract. (
- ☐ Mixture will bubble.) Quickly pour mixture over popcorn and nuts; toss gently to coat.
- ☐ Transfer popcorn mixture to prepared baking sheet.
- ☐ Bake at 250 for 45 minutes, stirring occasionally.
- ☐ Remove from oven; cool completely. Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:4.42, Inflammation Score:-7, Nutrition Score:13.082173964252%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 849.58kcal (42.48%), Fat: 45.48g (69.96%), Saturated Fat: 20.61g (128.82%), Carbohydrates: 110.19g (36.73%), Net Carbohydrates: 104.91g (38.15%), Sugar: 94.51g (105.01%), Cholesterol: 81.34mg (27.11%), Sodium: 761.56mg (33.11%), Alcohol: 0.46g (100%), Alcohol %: 0.32% (100%), Protein: 7.91g (15.81%), Vitamin E: 8.17mg (54.46%), Manganese: 0.83mg (41.52%), Magnesium: 101.16mg (25.29%), Fiber: 5.28g (21.12%), Vitamin B2: 0.34mg (20.22%), Phosphorus: 189.32mg (18.93%), Vitamin A: 945.74IU (18.91%), Copper: 0.36mg (17.94%), Calcium: 150.97mg (15.1%), Iron: 2mg (11.11%), Potassium: 354.2mg (10.12%), Zinc: 1.44mg (9.63%), Vitamin B1: 0.12mg (8.02%), Vitamin B3: 1.35mg (6.74%), Folate: 22.82µg (5.7%), Vitamin B6: 0.11mg (5.49%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.33mg (3.26%), Vitamin K: 2.65µg (2.52%), Vitamin B12: 0.06µg (1.07%)