



## S'more Popcorn

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



718 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 cups popped popcorn
- 2 cups golden beets
- 0.5 cup butter
- 1.5 cups brown sugar packed
- 0.3 cup plus light
- 0.5 teaspoon salt
- 0.3 teaspoon baking soda
- 0.5 teaspoon vanilla

- 2 cups marshmallows miniature
- 2 cups semisweet chocolate chips miniature

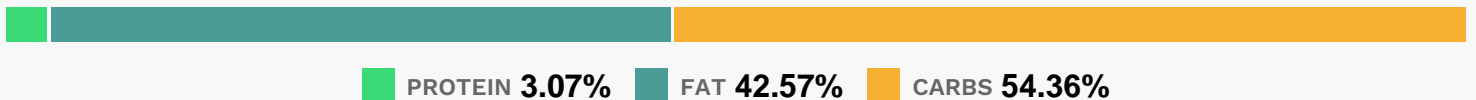
## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 250°F. In 13x9- or 15x10-inch pan, toss popcorn and cereal; set aside.
- In large saucepan, melt butter over medium heat. Stir in brown sugar, corn syrup and salt.
- Heat to boiling; boil 5 minutes without stirring.
- Remove from heat; stir in baking soda and vanilla (be careful; mixture will foam).
- Pour over popcorn mixture; stir until well coated.
- Bake uncovered 40 minutes, stirring every 10 minutes.
- Sprinkle marshmallows over popcorn mixture. Broil 2 to 3 minutes or until marshmallows start to turn golden brown.
- Sprinkle chocolate chips over top and stir (mixture will be a bit gooey). Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:32.48, Glycemic Load:12.64, Inflammation Score:-6, Nutrition Score:12.734782446986%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 718.11kcal (35.91%), Fat: 34.64g (53.3%), Saturated Fat: 20.39g (127.41%), Carbohydrates: 99.53g (33.18%), Net Carbohydrates: 92.64g (33.69%), Sugar: 79.52g (88.36%), Cholesterol: 34.05mg (11.35%), Sodium: 332.04mg

(14.44%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Caffeine: 50.87mg (16.96%), Protein: 5.63g (11.26%), Manganese: 1.02mg (50.79%), Copper: 0.82mg (40.85%), Magnesium: 128.19mg (32.05%), Fiber: 6.89g (27.57%), Iron: 4.6mg (25.55%), Phosphorus: 202.99mg (20.3%), Potassium: 532.41mg (15.21%), Zinc: 2.02mg (13.45%), Folate: 40.58µg (10.15%), Selenium: 6.13µg (8.76%), Vitamin A: 411.51IU (8.23%), Calcium: 82.21mg (8.22%), Vitamin K: 5.42µg (5.16%), Vitamin E: 0.72mg (4.77%), Vitamin B3: 0.86mg (4.31%), Vitamin B6: 0.07mg (3.68%), Vitamin B5: 0.34mg (3.43%), Vitamin B2: 0.05mg (3.21%), Vitamin B1: 0.05mg (3.01%), Vitamin B12: 0.13µg (2.18%), Vitamin C: 1.67mg (2.02%)