



Snowflake Popcorn



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 oz butter-flavored microwave popcorn (any variety)
- ☐ 7 oz marshmallow creme
- ☐ 1 serving sprinkles

Equipment

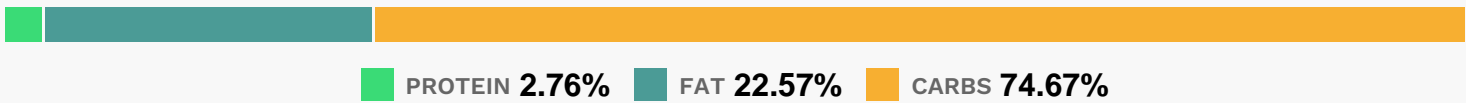
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

☐ microwave

Directions

- ☐ Heat oven to 325°F. Spray large cookie sheet with cooking spray.
- ☐ Microwave bag of microwave popcorn as directed on bag; remove and discard unpopped kernels.
- ☐ Empty jar of marshmallow creme into medium microwavable bowl. Microwave uncovered on High about 2 minutes, stirring after 1 minute, until melted.
- ☐ Shake popcorn into marshmallow creme, being careful not to add unpopped kernels. Stir gently until coated.
- ☐ Spread popcorn on cookie sheet.
- ☐ Sprinkle with candies.
- ☐ Bake about 10 minutes, stirring after 5 minutes, until marshmallow coating is dry. Cool completely on cookie sheet on cooling rack, about 30 minutes; break up large pieces.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:3.69, Inflammation Score:-1, Nutrition Score:1.36000000977%

Nutrients (% of daily need)

Calories: 148.42kcal (7.42%), Fat: 3.92g (6.03%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 27.95g (10.16%), Sugar: 16.43g (18.26%), Cholesterol: 0mg (0%), Sodium: 94.63mg (4.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Fiber: 1.25g (5.01%), Manganese: 0.09mg (4.67%), Magnesium: 13.02mg (3.26%), Phosphorus: 32mg (3.2%), Vitamin E: 0.36mg (2.37%), Zinc: 0.28mg (1.86%), Vitamin B6: 0.04mg (1.83%), Potassium: 53.46mg (1.53%), Iron: 0.25mg (1.38%), Selenium: 0.88µg (1.26%), Copper: 0.02mg (1.25%)