



Sorghum Caramel Corn

 Gluten Free

READY IN



125 min.

SERVINGS



20

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups firmly brown sugar light packed
- ☐ 1 cup butter
- ☐ 1.5 cups bacon cooked chopped
- ☐ 7 oz butter-flavored microwave popcorn plain
- ☐ 1 cup roasted peanuts unsalted
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup sorghum syrup

☐ 1 teaspoon vanilla extract

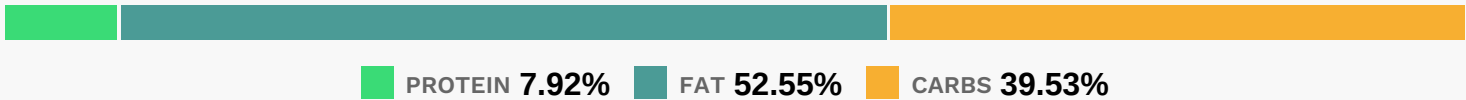
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 25
- ☐ Place popcorn, bacon, and peanuts in a lightly greased large bowl.
- ☐ Melt butter in a large heavy saucepan over medium heat. Stir in brown sugar and next 2 ingredients; bring to a boil, stirring constantly. Boil, without stirring, 4 minutes or until a candy thermometer registers 24
- ☐ Remove from heat; stir in baking soda and vanilla.
- ☐ Pour sorghum mixture over popcorn mixture, and stir until coated. Divide between 2 lightly greased 15- x 10-inch jelly-roll pans, and spread in a thin layer.
- ☐ Bake at 250 for 1 hour, stirring every 15 minutes. Cool completely on wire racks (about 45 minutes). Break into pieces.
- ☐ Note: For a less clumpy texture, stir popcorn constantly for 5 minutes after removing from oven.

Nutrition Facts



Properties

Glycemic Index:5.74, Glycemic Load:2.95, Inflammation Score:-3, Nutrition Score:4.8813043463489%

Nutrients (% of daily need)

Calories: 317.14kcal (15.86%), Fat: 19g (29.24%), Saturated Fat: 8.89g (55.58%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 30.22g (10.99%), Sugar: 21.4g (23.78%), Cholesterol: 32.79mg (10.93%), Sodium: 558.27mg (24.27%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Protein: 6.45g (12.89%), Manganese: 0.26mg (13.17%),

Vitamin B3: 2.3mg (11.51%), Phosphorus: 104.13mg (10.41%), Selenium: 5.93µg (8.47%), Fiber: 1.95g (7.82%),
Magnesium: 27.55mg (6.89%), Vitamin A: 304.24IU (6.08%), Vitamin B1: 0.09mg (5.78%), Potassium: 190.82mg
(5.45%), Vitamin B6: 0.1mg (5.14%), Iron: 0.82mg (4.54%), Copper: 0.09mg (4.39%), Zinc: 0.65mg (4.31%), Vitamin
E: 0.58mg (3.89%), Calcium: 32.97mg (3.3%), Folate: 11.25µg (2.81%), Vitamin B5: 0.26mg (2.56%), Vitamin B2:
0.04mg (2.51%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.21µg (1.15%)