



Spicy Cheese-Caramel Popcorn



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 3 tablespoons butter melted
- ☐ 2.5 tablespoons cheddar cheese divided
- ☐ 0.3 cup plus
- ☐ 10 servings kosher salt
- ☐ 0.8 cup popcorn kernels
- ☐ 1 teaspoon salt

- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 1.5 tablespoons vegetable oil

Equipment

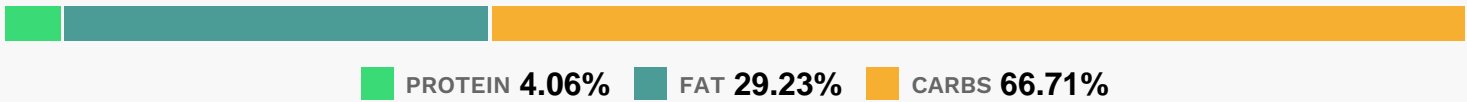
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ microwave

Directions

- ☐ Pop popcorn in a large pot, an air popper, a popcorn popper, or a microwave as desired. Separate popcorn into two even batches, placing them in large bowls. You should have about five cups for each batch.
- ☐ Adjust oven rack to middle position and preheat oven to 225°F.
- ☐ Add butter, brown sugar, corn syrup and salt to a medium saucepan set to medium-high heat.
- ☐ Whisk to incorporate and bring to a boil.
- ☐ Let bubble untouched for three minutes until gooey and caramel-scented.
- ☐ Remove from heat and add baking soda, whisking to combine.
- ☐ Pour caramel onto one batch of popcorn, stirring with a spoon until surfaces and crevices are covered. Line two baking sheets with parchment paper.
- ☐ Spread caramel corn on baking sheets in a single layer, splitting evenly between the two trays.
- ☐ Bake for 30 minutes, stirring every 10 minutes.
- ☐ Remove from oven allow to cool completely, until caramel has a glossy, hardened, candy-like appearance.
- ☐ Meanwhile, combine melted butter, 1 tablespoon cheese powder and Tabasco in a small bowl.

- ☐
- Pour mixture over second batch of popcorn. Toss to combine and season with salt, asneeded.
- ☐
- Sprinkle with remaining cheese powder and stir thoroughly to combine.
- ☐
- Mix caramel and cheese corn together and serve.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:2.6765217457129%

Nutrients (% of daily need)

Calories: 217.32kcal (10.87%), Fat: 7.27g (11.18%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 35.77g (13.01%), Sugar: 28.02g (31.13%), Cholesterol: 12.78mg (4.26%), Sodium: 550.18mg (23.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Manganese: 0.13mg (6.71%), Fiber: 1.56g (6.25%), Phosphorus: 55.86mg (5.59%), Calcium: 47.78mg (4.78%), Magnesium: 18.31mg (4.58%), Vitamin K: 4.14µg (3.94%), Zinc: 0.53mg (3.5%), Vitamin B1: 0.05mg (3.03%), Iron: 0.54mg (3.01%), Vitamin A: 142.86IU (2.86%), Vitamin B6: 0.05mg (2.37%), Folate: 8.77µg (2.19%), Vitamin E: 0.32mg (2.16%), Selenium: 1.43µg (2.04%), Copper: 0.04mg (2%), Potassium: 67.32mg (1.92%), Vitamin B2: 0.02mg (1.41%), Vitamin B3: 0.23mg (1.13%)