



Sweet and Salty Popcorn Balls

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



175 kcal

DESSERT

Ingredients

- 25 servings sea salt
- 0.5 cup plus
- 1 cup brown sugar light packed
- 10 cup popped popcorn
- 0.5 cup peanuts salted roughly chopped
- 7 ounces condensed milk sweetened
- 0.5 cup toffee bits such as heath bits 'o brickle
- 4 tablespoons butter unsalted

- 2 teaspoons vanilla extract
- 0.5 cup chocolate chips white

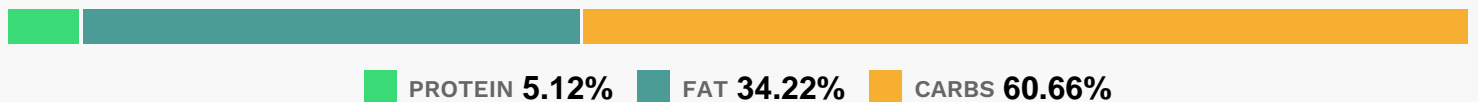
Equipment

- bowl
- baking sheet
- sauce pan

Directions

- Line a large baking sheet with parchment.
- Combine butter, sugar and corn syrup in a small saucepan over medium heat and cook, stirring occasionally, until butter has melted. Bring to a boil, add condensed milk and continue to boil for 5 minutes, stirring to prevent scorching.
- Remove from heat and stir in vanilla.
- Place popcorn in a large bowl.
- Pour butter mixture over popcorn and stir gently to coat completely. Set aside until mixture has cooled enough so that it's still sticky but won't melt candy, 3 to 5 minutes. Toss in peanuts, toffee bits and white chocolate chips.
- When popcorn mixture is cool enough to handle, grease hands with cooking spray or vegetable oil and roll mixture into 2-inch balls (use about 1/4 cup per ball).
- Place balls on baking sheet.
- Sprinkle with salt, if desired.
- Let cool completely. Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.69, Glycemic Load:8.53, Inflammation Score:-1, Nutrition Score:2.3147826376169%

Nutrients (% of daily need)

Calories: 175.04kcal (8.75%), Fat: 6.86g (10.55%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 26.46g (9.62%), Sugar: 23.3g (25.89%), Cholesterol: 13.19mg (4.4%), Sodium: 233.46mg (10.15%), Alcohol: 0.11g (100%), Alcohol %: 0.33% (100%), Protein: 2.31g (4.61%), Manganese: 0.13mg (6.28%), Phosphorus: 55.89mg (5.59%), Calcium: 43.43mg (4.34%), Magnesium: 14.88mg (3.72%), Fiber: 0.91g (3.62%), Vitamin B2: 0.05mg (3.15%), Vitamin B3: 0.59mg (2.97%), Vitamin A: 141.39IU (2.83%), Potassium: 92.12mg (2.63%), Selenium: 1.77µg (2.53%), Zinc: 0.34mg (2.24%), Copper: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.85%), Vitamin B5: 0.17mg (1.65%), Iron: 0.3mg (1.65%), Folate: 6.42µg (1.6%), Vitamin B6: 0.02mg (1.23%), Vitamin B12: 0.06µg (1.07%), Vitamin E: 0.16mg (1.04%)