



Sweet Peanut Butter Popcorn Bars



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



12

CALORIES



669 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar (can sub coconut sugar, if desired)
- ☐ 1 cup plus light
- ☐ 1 cup natural peanut butter (or nut butter)
- ☐ 8 cups air-popped popcorn (pop a)
- ☐ 0.8 cup raisins
- ☐ 0.5 cup sugar (can sub coconut sugar, if desired)

Equipment

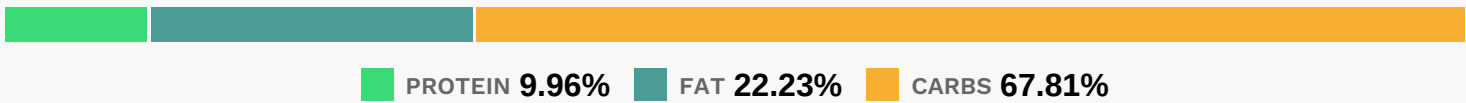
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Whisk the sweeteners and peanut butter together in a large saucepan.Bring the ingredients to a boil over medium-low heat, stirring constantly; boil 2 to 3 minutes.
- ☐ Remove the saucepan from heat.
- ☐ Combine the popcorn and raisins in a large bowl.
- ☐ Pour the hot peanut butter mixture over the popcorn and carefully stir with a wooden spoons to mix until well-coated.Grease a 9 x 13-inch baking dish, and gently press the popcorn mixture into the pan.
- ☐ Let cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:6.46, Inflammation Score:-7, Nutrition Score:19.371739024701%

Nutrients (% of daily need)

Calories: 668.65kcal (33.43%), Fat: 16.95g (26.07%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 116.32g (38.77%), Net Carbohydrates: 100.45g (36.53%), Sugar: 24.82g (27.58%), Cholesterol: 0mg (0%), Sodium: 106.39mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.18%), Manganese: 1.45mg (72.45%), Fiber: 15.87g (63.48%), Magnesium: 175.61mg (43.9%), Phosphorus: 410.91mg (41.09%), Vitamin B1: 0.41mg (27.4%), Vitamin B3: 4.86mg (24.32%), Zinc: 3.61mg (24.07%), Vitamin B6: 0.48mg (23.79%), Folate: 93.01µg (23.25%), Iron: 4.09mg (22.74%), Copper: 0.39mg (19.37%), Vitamin E: 2.42mg (16.13%), Potassium: 520.39mg (14.87%), Vitamin B2: 0.14mg (8.23%), Vitamin B5: 0.69mg (6.86%), Vitamin C: 3.72mg (4.5%), Vitamin K: 4.2µg (4%), Calcium: 26.8mg (2.68%), Selenium: 1.69µg (2.42%)