



Triple-Caramel Popcorn Fudge

 Gluten Free

READY IN



100 min.

SERVINGS



64

CALORIES



123 kcal

DESSERT

Ingredients

- ☐ 14 oz condensed milk sweetened canned (caramelized condensed milk)
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 1 teaspoon vanilla
- ☐ 2 cups caramel popcorn
- ☐ 25 individually wrapped caramels
- ☐ 2 tablespoons whipping cream
- ☐ 0.3 teaspoon kosher salt (coarse)
- ☐ 1.5 cups caramel popcorn

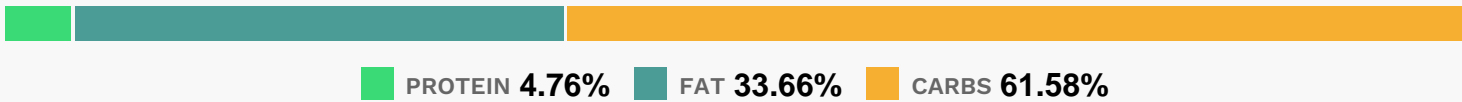
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line bottom and sides of 8-inch square pan with foil, leaving edges of foil hanging over 2 sides of pan for easy removal later; spray foil with cooking spray.
- ☐ In 2-quart saucepan, heat dulce de leche and chocolate chips over low heat, stirring constantly, until chocolate is melted and mixture is smooth (mixture will be very thick); remove from heat. Quickly stir in vanilla. Stir in 2 cups caramel popcorn.
- ☐ Spread in pan.
- ☐ In medium microwavable bowl, microwave caramels and cream uncovered on High 2 minutes, stirring every 30 seconds, until melted and smooth. Very slowly pour caramel mixture over fudge layer, and gently spread to cover.
- ☐ Sprinkle with salt and 1 1/2 cups caramel popcorn; press gently so it sticks. Refrigerate until firm, about 2 hours.
- ☐ Cut into 1-inch squares (8 rows by 8 rows). Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:4.01, Inflammation Score:-1, Nutrition Score:2.1082608712756%

Nutrients (% of daily need)

Calories: 123.14kcal (6.16%), Fat: 4.72g (7.26%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 18.33g (6.66%), Sugar: 14.79g (16.43%), Cholesterol: 3.88mg (1.29%), Sodium: 53.85mg (2.34%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Caffeine: 4.57mg (1.52%), Protein: 1.5g (3%), Manganese: 0.1mg

(4.99%), Phosphorus: 44.98mg (4.5%), Fiber: 1.1g (4.39%), Copper: 0.08mg (4.17%), Magnesium: 16.2mg (4.05%), Iron: 0.58mg (3.22%), Calcium: 32.18mg (3.22%), Vitamin B2: 0.05mg (2.85%), Selenium: 1.91µg (2.74%), Potassium: 76.15mg (2.18%), Vitamin K: 2.12µg (2.02%), Zinc: 0.29mg (1.95%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.22mg (1.46%), Vitamin B1: 0.02mg (1.32%)