



## Wormy Popcorn Balls



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



379 kcal

DESSERT

### Ingredients

- ☐ 0.7 cup plus
- ☐ 20 cups popped popcorn
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 1 cup pumpkin candies and gummy worms

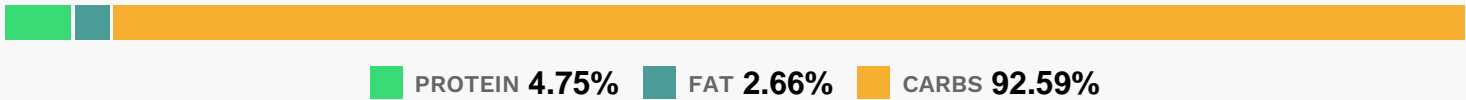
### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wax paper
- ☐ candy thermometer

## Directions

- ☐ Place popcorn in a large heat-proof bowl; set aside. In a saucepan over medium heat, mix together remaining ingredients except worm candies. Bring to boil. Stir mixture until it reaches the thread stage, or 230 to 233 degrees on a candy thermometer.
- ☐ Pour over popcorn; mix well and form into balls with well-buttered hands. Poke a hole with finger and add gummy worms. Reform ball as needed. Wrap balls in squares of wax paper.

## Nutrition Facts



## Properties

Glycemic Index:15.54, Glycemic Load:40.49, Inflammation Score:-1, Nutrition Score:3.0126087173172%

## Nutrients (% of daily need)

Calories: 379.15kcal (18.96%), Fat: 1.17g (1.8%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 91.92g (30.64%), Net Carbohydrates: 88.73g (32.27%), Sugar: 67.58g (75.09%), Cholesterol: 0mg (0%), Sodium: 258.78mg (11.25%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 4.72g (9.43%), Fiber: 3.19g (12.76%), Manganese: 0.25mg (12.4%), Magnesium: 32.08mg (8.02%), Phosphorus: 78.78mg (7.88%), Zinc: 0.78mg (5.23%), Iron: 0.72mg (4.02%), Copper: 0.06mg (3.14%), Vitamin B3: 0.51mg (2.55%), Vitamin B1: 0.04mg (2.42%), Potassium: 74.05mg (2.12%), Vitamin B6: 0.03mg (1.73%), Folate: 6.82µg (1.71%), Vitamin B2: 0.03mg (1.54%), Vitamin B5: 0.11mg (1.12%)