



January 19- Honey Popcorn Balls

Not Smart Snack Compliant

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=221>

Recipe

Ingredients:

- ½ cup honey
- ½ cup sugar
- 1 Tablespoon butter
- ½ teaspoon cinnamon
- 5 cups hot-air popped popcorn
- Butter for handling

Directions:

1. Place air-popped popcorn in a large bowl and set aside.
2. In a 2-quart microwave-safe bowl combine honey, sugar, cinnamon and 1 Tablespoon butter. Cover with plastic wrap and microwave on high or to 275°F for 5-7 minutes.
3. Pour honey mixture over popcorn and stir to coat with a wooden spoon. Set aside to cool.
4. After thoroughly washing your hands, butter your hands and then shape popcorn into balls.

Yield 6 servings

Nutrition Facts

Serving Size 1 popcorn ball (54.27g)
Servings Per Container 6

Amount Per Serving

Calories 210 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 0mg **0%**

Total Carbohydrate 45g **15%**

Dietary Fiber 1g **5%**

Sugars 40g

Protein <1g **2%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.