



## November 9- Honey Crunch Popcorn

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=308234>

### Recipe

#### Ingredients:

- 12 cups air-popped popcorn
- ½ cup chopped pecans
- ½ cup brown sugar, packed
- ½ cup honey

#### Directions:

1. Preheat oven to 300°F. Spray baking sheet with cooking spray.
2. Combine popcorn and pecans in large bowl; mix lightly and set aside.
3. Combine brown sugar and honey in small saucepan. Cook over medium heat until brown sugar is dissolved and mixture comes to a boil, stirring occasionally.
4. Pour brown sugar mixture over popcorn; toss lightly to coat. Transfer to baking sheet.
5. Bake for 30 minutes, stirring every 10 minutes.

Yields 12 servings

Nutrition Facts	
Serving Size 1 cup (32.54g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 35
%	
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>6%</b>
Saturated Fat 0g	2%
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 2g	6%
Sugars 18g	
<b>Protein</b> 2g	<b>3%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	