



## 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

**Calories** 140      **Calories from Fat** 35

**% Daily Value\***

**Total Fat** 3.5g      **6%**

Saturated Fat 0g      **2%**

Trans Fat

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 24g      **8%**

Dietary Fiber 2g      **6%**

Sugars 18g

**Protein** 2g      **3%**

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 2%

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