

# Idaho Child Nutrition

**Recipe: 000417 Whole Grain Caramel Corn**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source: Joy of Cooking  
 Recipe Group: DESSERTS

Alternate Recipe Name:  
 Number of Portions: 25  
 Size of Portion: Cup

|  |                                      |   |
|--|--------------------------------------|---|
| 019034 POPCORN,AIR-POPPED.....   | 24 CUP                               | Pop 3 cups of popcorn kernals in an air popper. This will yield 24-25 cups of popped popcorn.   |
| 001145 BUTTER,WITHOUT SALT....<br>090162 SUGARS,BROWN,LIGHT....<br>014429 WATER,MUNICIPAL..... | 6 TBSP<br>6 CUP, packed<br>1 1/2 CUP | Melt butter in a heavy saucepan. Add brown sugar and water. Stir over low heat until the sugar is dissolved. Bring to a boil over medium heat, then wash down the sides of the pan with a pastry brush dipped in warm water. Place a warmed candy thermometer in the pan and cook, without stirring, to 234°F, the soft ball stage. Pour over the popped popcorn.<br><br>Stir gently with a greased spoon until the corn is well coated, then turn it out onto a cookie sheet lined with parchment paper.<br><br>When the corn is cool enough to handle, lightly butter your fingers and separate the corn into individual balls (1 cup per caramel corn ball). |

|               |        |           |          |               |         |        |                          |
|---------------|--------|-----------|----------|---------------|---------|--------|--------------------------|
| Calories      | 255    | Iron      | 0.62 mg  | Protein       | 1.09 g  | 1.71%  | Calories from Prot       |
| Cholesterol   | 7 mg   | Calcium   | 45.60 mg | Carbohydrates | 57.78 g | 90.71% | Calories from Carb       |
| Sodium        | 16 mg  | Vitamin A | 100.1 IU | Total Fat     | 3.11 g  | 10.99% | Calories from T Fat      |
| Dietary Fiber | 1.11 g | Vitamin A | 27.2 RE  | Saturated Fat | 1.79 g  | 6.33%  | Calories from S Fat      |
|               |        | Vitamin C | 0.00 mg  | Trans. Fat    | N/A* g  | %      | Calories from Trans. Fat |

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

| <b>Miscellaneous</b>             | <b>Attributes</b> | <b>Allergens Present</b> | <b>Allergens Absent</b> | <b>Allergens Unidentified</b> |
|----------------------------------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... oz.                |                   |                          |                         | ? - Milk                      |
| Grain/Bread..... srv.            |                   |                          |                         | ? - Egg                       |
| F/V/J..... cup                   |                   |                          |                         | ? - Peanut                    |
| Milk..... fl. oz.                |                   |                          |                         | ? - Tree Nut                  |
|                                  |                   |                          |                         | ? - Fish                      |
|                                  |                   |                          |                         | ? - Shellfish                 |
|                                  |                   |                          |                         | ? - Soy                       |
|                                  |                   |                          |                         | ? - Wheat                     |
| <b>Moisture &amp; Fat Change</b> |                   |                          |                         |                               |
| Moisture Change. 0%              |                   |                          |                         |                               |
| Fat Change..... 0%               |                   |                          |                         |                               |
| Type of Fat.....                 |                   |                          |                         |                               |

**Production Specification**

| I/R | Ing #  | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------|---------|---------|-------|
| I   | 019034 | POPCORN,AIR-POPPED       |         |         |       |
| I   | 001145 | BUTTER,WITHOUT SALT      |         |         |       |

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Idaho Child Nutrition

|   |        |                    |  |  |  |
|---|--------|--------------------|--|--|--|
| I | 090162 | SUGARS,BROWN,LIGHT |  |  |  |
| I | 014429 | WATER,MUNICIPAL    |  |  |  |

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.