

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Chewy Popcorn Balls

*A treat any time of year!*

(6 servings)

### Ingredients:

- 3 tablespoons margarine
- 3 cups mini-marshmallows
- 1 to 2 drops orange food coloring (optional)
- 8 cups popped popcorn

Directions: 1. In a microwave-safe medium bowl, combine margarine and marshmallows. Microwave on medium power 2 minutes or until margarine is melted and marshmallows are soft. Remove bowl from microwave and stir to combine ingredients. Add a few drops

- food coloring, if desired.
- 2. Measure popped popcorn into a large mixing bowl and pour marshmallow mixture over popcorn. Stir to coat popcorn.
- 3. Tear off 6 sheets of wax paper, approximately 10x10 inches each. Place 1 cup of popcorn mixture in center of wax paper square. Fold corners of paper up around popcorn and twist top, pressing popcorn to make a ball. Repeat for each square.
- 4. Store in airtight container.



### Nutrition Facts

Serving Size 1 popcorn ball (47 g)  
 Servings per Container 6

**Amount Per Serving**  
**Calories 200**    **Calories from Fat 90**

	% Daily Value*	
<b>Total Fat 10 g</b>	15 %	
- Saturated Fat 2 g	9 %	
<b>Cholesterol 0 mg</b>	0 %	
<b>Sodium 140 mg</b>	6 %	
<b>Total Carbohydrate 29 g</b>	10 %	
- Dietary Fiber 1 g	6 %	
- Sugars 14 g		
<b>Protein 2 g</b>		
Vitamin A 6 %	Vitamin C 0 %	
Calcium 0 %	Iron 2 %	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories - 2,000	2,500
Total Fat	< 65g	80g
Saturated Fat	< 20g	25g
Cholesterol	< 300mg	300mg
Sodium	< 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
 Fat 9 - Carbohydrate 4 - Protein 4

## Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Margarine .....	Dairy Dept
Mini-marshmallows.....	#5
Orange Food Coloring.....	#11
Popcorn .....	#3



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