

Asian Popcorn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups popped popcorn plain
- 4.5 teaspoons soya sauce
- 0.5 teaspoon sesame oil
- 0.5 cup wasabi peas

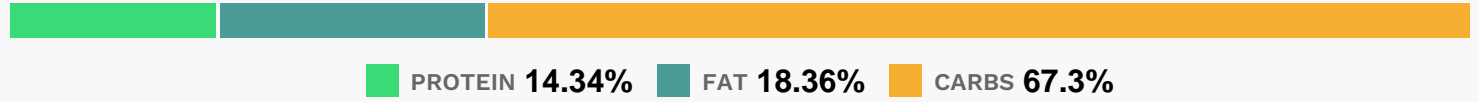
Equipment

- bowl

Directions

- Place popcorn in large bowl. In small bowl, mix soy sauce and sesame oil.
- Drizzle mixture over popcorn; toss until well coated. Stir in wasabi peas.

Nutrition Facts



Properties

Glycemic Index:13.56, Glycemic Load:4.66, Inflammation Score:-1, Nutrition Score:2.4013043203108%

Nutrients (% of daily need)

Calories: 88.22kcal (4.41%), Fat: 1.84g (2.83%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 13.52g (4.92%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 332.25mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Iron: 3.1mg (17.24%), Manganese: 0.14mg (7.24%), Fiber: 1.63g (6.52%), Phosphorus: 45.23mg (4.52%), Magnesium: 17.64mg (4.41%), Zinc: 0.36mg (2.39%), Vitamin B3: 0.43mg (2.16%), Copper: 0.03mg (1.74%), Vitamin C: 1.38mg (1.67%), Vitamin B6: 0.03mg (1.31%), Potassium: 45.73mg (1.31%), Folate: 4.22µg (1.05%)