

Barbecue Popcorn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 4 servings kosher salt
- ☐ 3.5 ounce microwave popcorn or
- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons butter unsalted melted

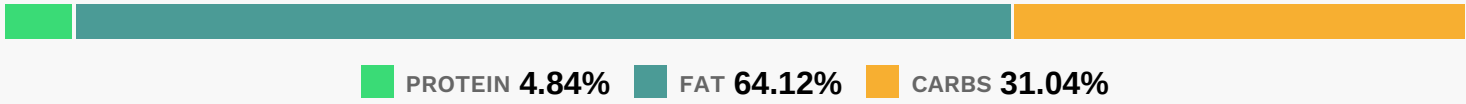
Equipment

- ☐ bowl

Directions

- ☐
- Pop the popcorn according to the package directions. In a large bowl, toss the popcorn and butter. In a small bowl, combine the paprika, sugar, and 1/2 teaspoon salt.
- ☐
- Sprinkle over the popcorn and toss to coat.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:7.39, Inflammation Score:-4, Nutrition Score:3.4878261436749%

Nutrients (% of daily need)

Calories: 186.96kcal (9.35%), Fat: 13.46g (20.7%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 11.98g (4.35%), Sugar: 0.62g (0.68%), Cholesterol: 15.05mg (5.02%), Sodium: 384.31mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Fiber: 2.68g (10.72%), Manganese: 0.2mg (9.79%), Vitamin A: 464.86IU (9.3%), Vitamin E: 1.02mg (6.8%), Magnesium: 27.13mg (6.78%), Phosphorus: 67.27mg (6.73%), Vitamin B6: 0.08mg (4.21%), Zinc: 0.59mg (3.91%), Potassium: 120.7mg (3.45%), Iron: 0.61mg (3.38%), Copper: 0.05mg (2.75%), Selenium: 1.87µg (2.67%), Vitamin B3: 0.43mg (2.15%), Vitamin K: 1.93µg (1.84%), Vitamin B2: 0.02mg (1.38%), Folate: 4.18µg (1.05%)