



BBQ-Ranch Popcorn



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon brown sugar light
- ☐ 173.6 gram gourmet microwave popcorn
- ☐ 1 oz ranch dressing mix
- ☐ 2 teaspoons paprika smoked

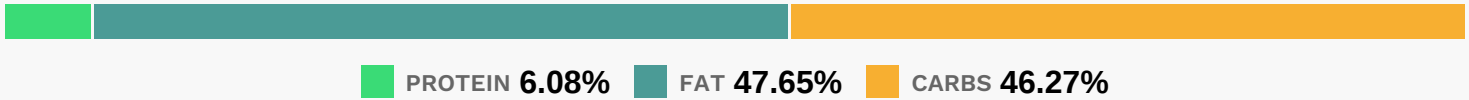
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Stir together Ranch dressing mix, paprika, and brown sugar in a small bowl. Prepare 1 bag gourmet microwave popcorn according to package directions, and pour into a large bowl.
- ☐ Sprinkle immediately with half of Ranch mixture, tossing to coat.
- ☐ Prepare second bag of popcorn according to package directions.
- ☐ Add to bowl with seasoned popcorn, and toss with remaining Ranch mixture. Store popcorn in an airtight container up to 2 days.
- ☐ Note: We tested with Orville Redenbacher's Gourmet White Corn popcorn.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:6.46, Inflammation Score:-3, Nutrition Score:2.8447826042285%

Nutrients (% of daily need)

Calories: 129.91kcal (6.5%), Fat: 6.81g (10.48%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 12.52g (4.55%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 431.83mg (18.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Fiber: 2.37g (9.46%), Manganese: 0.17mg (8.58%), Magnesium: 23.72mg (5.93%), Phosphorus: 57.58mg (5.76%), Vitamin A: 284.46IU (5.69%), Vitamin E: 0.77mg (5.12%), Vitamin B6: 0.07mg (3.75%), Zinc: 0.51mg (3.4%), Potassium: 105.59mg (3.02%), Iron: 0.54mg (3.02%), Copper: 0.05mg (2.37%), Selenium: 1.58µg (2.25%), Vitamin B3: 0.38mg (1.9%), Vitamin K: 1.31µg (1.25%), Vitamin B2: 0.02mg (1.13%)