



## Black Sesame and Mustard Popcorn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon sesame seeds black
- 1 teaspoon ground mustard such as colman's
- 0.5 cup popcorn kernels
- 1 teaspoon salt fine
- 1 tablespoon sesame oil toasted
- 3 tablespoons butter unsalted melted

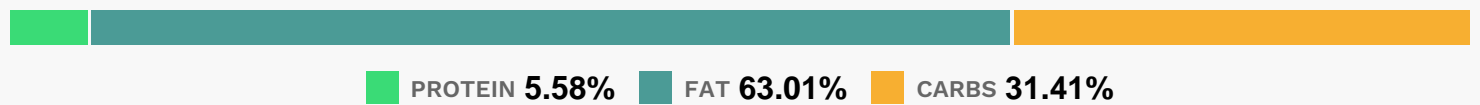
### Equipment

- bowl

## Directions

- In a small bowl, stir together the sesame seeds, mustard, and salt. Set aside. Using an air popper, pop the corn kernels into a large bowl. Meanwhile, combine the butter and sesame oil in a small bowl. As the large bowl begins to fill with popcorn, alternately drizzle the butter–sesame oil mixture over the popcorn and sprinkle it with the sesame seed mixture, occasionally tossing to coat. When the popcorn stops popping, use your hands to toss everything together and ensure that the ingredients are evenly distributed.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:4.38, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:2.0378260944525%

## Nutrients (% of daily need)

Calories: 98.55kcal (4.93%), Fat: 7.04g (10.83%), Saturated Fat: 3.09g (19.28%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 6.44g (2.34%), Sugar: 0.12g (0.13%), Cholesterol: 11.29mg (3.76%), Sodium: 292.12mg (12.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Manganese: 0.13mg (6.52%), Fiber: 1.45g (5.8%), Magnesium: 17.16mg (4.29%), Phosphorus: 40.27mg (4.03%), Copper: 0.07mg (3.34%), Vitamin B1: 0.04mg (2.85%), Iron: 0.48mg (2.69%), Vitamin A: 131.37IU (2.63%), Zinc: 0.38mg (2.53%), Folate: 7.89µg (1.97%), Vitamin B6: 0.04mg (1.93%), Selenium: 0.92µg (1.31%), Vitamin E: 0.19mg (1.25%), Calcium: 12.37mg (1.24%), Vitamin B3: 0.22mg (1.12%), Potassium: 35.93mg (1.03%)