



Blue Cheese-Pecan Popcorn

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



10

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 oz block cheese blue
- ☐ 3.3 oz popped microwave popcorn 4 cups
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon pepper

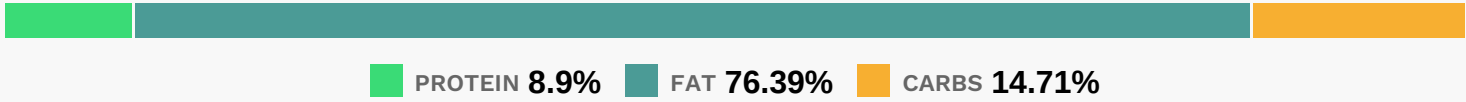
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Freeze blue cheese for at least 8 hours or up to 24 hours. Preheat oven to 32
- ☐ Melt butter in a small nonstick skillet over medium-low heat; add chopped pecans, and cook, stirring often, 5 to 7 minutes or until lightly toasted and fragrant.
- ☐ Place popcorn in a 15- x 10-inch jelly-roll pan. Grate frozen cheese to equal 1 cup.
- ☐ Sprinkle 1 cup grated blue cheese over popcorn. Toss popcorn mixture with toasted pecans and pepper.
- ☐ Bake at 325 for 10 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:2.91, Inflammation Score:-2, Nutrition Score:5.0047826157964%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 185.88kcal (9.29%), Fat: 16.28g (25.05%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 5.05g (1.84%), Sugar: 0.52g (0.58%), Cholesterol: 14.52mg (4.84%), Sodium: 219.8mg (9.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Manganese: 0.57mg (28.42%), Phosphorus: 98.97mg (9.9%), Fiber: 2g (8.02%), Copper: 0.15mg (7.74%), Calcium: 70.55mg (7.05%), Zinc: 1.01mg (6.73%), Magnesium: 25.76mg (6.44%), Vitamin B1: 0.08mg (5.29%), Selenium: 2.75µg (3.93%), Vitamin B2: 0.06mg (3.77%), Vitamin A: 179.34IU (3.59%), Vitamin B6: 0.07mg (3.48%), Vitamin E: 0.51mg (3.43%), Potassium: 115.38mg (3.3%), Vitamin B5: 0.31mg (3.11%), Iron: 0.5mg (2.8%), Vitamin B12: 0.14µg (2.39%), Folate: 7.98µg (1.99%), Vitamin B3: 0.39mg (1.94%), Vitamin K: 1.32µg (1.26%)