



## Cheesy Dairy-Free Popcorn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon dairy-free margarine melted
- ☐ 2 tablespoons garlic infused olive oil flavored
- ☐ 2 tablespoons nutritional yeast
- ☐ 0.5 cup unpopped popcorn kernels
- ☐ 4 servings salt

### Equipment

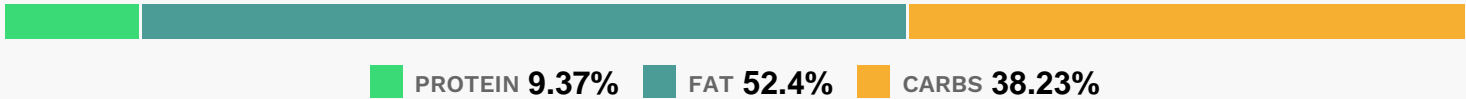
- ☐ bowl

☐ pot

## Directions

- ☐ Place the oil and just 3 popcorn kernels in a large, heavy-bottomed pot with a lid.
- ☐ Heat the kernels over medium-high heat until at least one of the kernels pops.
- ☐ Add the remaining popcorn and cover. Once the corn begins to pop, shake the pot constantly over the heat to keep things moving. When the popping slows, remove the pot from the heat and dump the popcorn into a large serving bowl.
- ☐ Pour the dairy-free margarine over the popcorn, if desired, and toss to coat.
- ☐ Sprinkle the nutritional yeast and curry powder, if using, over the popcorn and toss to evenly distribute the seasonings. If not using margarine, you may want to add a little salt, to taste.
- ☐ Serve immediately or store in an air-tight container.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.0704348178014%

## Nutrients (% of daily need)

Calories: 174.85kcal (8.74%), Fat: 10.37g (15.96%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 13.32g (4.84%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 218.1mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin E: 2.85mg (19.03%), Fiber: 3.71g (14.83%), Manganese: 0.22mg (10.97%), Magnesium: 26.49mg (6.62%), Phosphorus: 63.18mg (6.32%), Iron: 1mg (5.54%), Vitamin B1: 0.07mg (4.42%), Potassium: 139.9mg (4%), Zinc: 0.58mg (3.9%), Folate: 13.48µg (3.37%), Vitamin B6: 0.06mg (3.24%), Vitamin A: 138.6IU (2.77%), Copper: 0.05mg (2.55%), Vitamin K: 2.44µg (2.33%), Vitamin B3: 0.35mg (1.73%)