

# Cheesy Popcorn

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 cups popped popcorn plain (from)
- 0.5 teaspoon pepper red
- 0.5 teaspoon salt fine
- 4 tablespoons butter unsalted ()
- 1 cup pecorino cheese grated

## Equipment

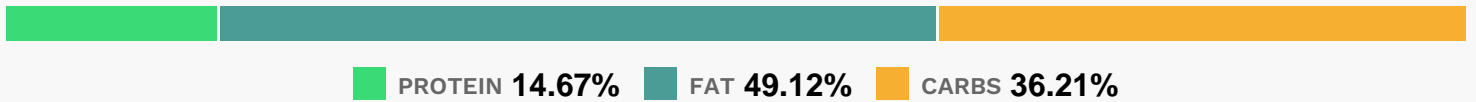
- frying pan
- sauce pan

- oven
- roasting pan
- spatula

## Directions

- Heat the oven to 250°F and arrange a rack in the middle.
- Place the popcorn in a large roasting pan.
- Place the butter, red pepper flakes, and salt in a small saucepan over low heat and cook, stirring occasionally, until the salt has dissolved and the butter has melted.
- Drizzle the butter mixture over the popcorn, making sure to scrape it all out of the pan with a rubber spatula. Using a flat spatula, toss the popcorn to coat it in the butter mixture.
- Sprinkle with the cheese and toss again.
- Bake, stirring every 10 minutes with the flat spatula and scraping up any cheese from the bottom of the pan, until the popcorn is crispy and well coated with the cheese, about 30 minutes total.

## Nutrition Facts



## Properties

Glycemic Index:11.67, Glycemic Load:8.8, Inflammation Score:-3, Nutrition Score:4.7482608712238%

## Nutrients (% of daily need)

Calories: 178.74kcal (8.94%), Fat: 10g (15.38%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 13.55g (4.93%), Sugar: 0.28g (0.32%), Cholesterol: 28.05mg (9.35%), Sodium: 299.81mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Phosphorus: 170.89mg (17.09%), Calcium: 136.63mg (13.66%), Fiber: 3.03g (12.14%), Manganese: 0.23mg (11.74%), Magnesium: 35.15mg (8.79%), Zinc: 0.97mg (6.47%), Vitamin A: 304.29IU (6.09%), Iron: 0.78mg (4.32%), Vitamin B2: 0.07mg (3.94%), Copper: 0.06mg (3.01%), Selenium: 1.91µg (2.73%), Vitamin B12: 0.15µg (2.53%), Vitamin B3: 0.5mg (2.52%), Potassium: 82.75mg (2.36%), Vitamin B6: 0.05mg (2.29%), Vitamin E: 0.3mg (1.99%), Folate: 7.51µg (1.88%), Vitamin B1: 0.03mg (1.78%), Vitamin B5: 0.17mg (1.67%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.14µg (1.09%)