



Cheesy popcorn brains



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



12

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tbsp vegetable oil for shaping
- ☐ 125 g popping corn
- ☐ 325 g cheddar grated
- ☐ 0.5 tsp dijon mustard
- ☐ 3 pinches few cayenne pepper

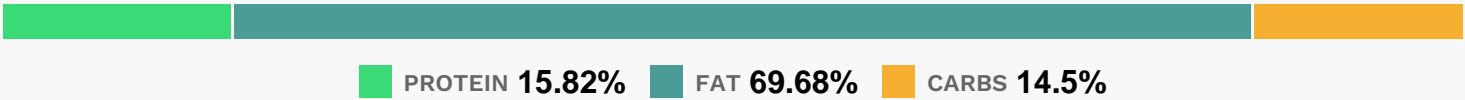
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan. Tip in the corn, cover and shake the pan to coat the kernels. Cook over a medium heat until the corn stops popping, about 5 mins, shaking the pan every so often. Take off heat and sprinkle with a little salt.
- ☐ Put cheese, mustard and pepper in a small pan and heat gently until melted and bubbling.
- ☐ Drizzle over the popcorn and mix well until completely coated.
- ☐ Rub hands with a little oil and quickly grab handfuls of popcorn and squeeze into brain shapes.
- ☐ Place on a tray lined with parchment, then leave to cool. Cover with cling film until ready to eat or store in a jar you can make a few hours before serving.

Nutrition Facts



Properties

Glycemic Index:12.98, Glycemic Load:3.3, Inflammation Score:-3, Nutrition Score:4.8704347966806%

Nutrients (% of daily need)

Calories: 182.49kcal (9.12%), Fat: 14.2g (21.84%), Saturated Fat: 7.01g (43.81%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.52g (2.01%), Sugar: 0.15g (0.17%), Cholesterol: 27.08mg (9.03%), Sodium: 258.97mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.51%), Calcium: 194.38mg (19.44%), Phosphorus: 151.87mg (15.19%), Selenium: 8.5µg (12.14%), Zinc: 1.24mg (8.24%), Vitamin A: 393.88IU (7.88%), Vitamin B2: 0.13mg (7.54%), Vitamin E: 0.72mg (4.78%), Vitamin B12: 0.29µg (4.78%), Magnesium: 18.73mg (4.68%), Fiber: 1.13g (4.52%), Manganese: 0.09mg (4.35%), Vitamin K: 4.42µg (4.21%), Vitamin B6: 0.06mg (2.78%), Potassium: 71.1mg (2.03%), Folate: 7.53µg (1.88%), Copper: 0.03mg (1.55%), Iron: 0.27mg (1.53%), Vitamin B5: 0.13mg (1.31%), Vitamin D: 0.16µg (1.08%)