Chili-Garlic Popcorn

Vegetarian Vegan Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
5 min.	5	144 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 1 teaspoon chili powder
- [ ] 1 teaspoon chipotle powder
- [ ] 1 tablespoon garlic powder
- [ ] 1 teaspoon garlic salt
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon onion powder
- [ ] 10 cup freshly popped popcorn

Equipment

- [ ] bowl

Directions

- [ ] Mix garlic salt, garlic powder, onion powder, chili powder and chipotle powder in a bowl.
- [ ] Toss popcorn with oil.
- [ ] Sprinkle spice mixture over it; toss again to evenly coat.
- [ ] Transfer to a large bowl and serve, or let cool and store in an airtight container for up to 5 days.

Nutrition Facts

PROTEIN **8.72%** FAT **40.46%** CARBS **50.82%**

Properties

Glycemic Index:14.27, Glycemic Load:9.3, Inflammation Score:-4, Nutrition Score:4.2530434449082%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 143.56kcal (7.18%), Fat: 6.73g (10.35%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 15.34g (5.58%), Sugar: 0.31g (0.35%), Cholesterol: 0mg (0%), Sodium: 481.34mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Fiber: 3.67g (14.69%), Manganese: 0.28mg (14.03%), Phosphorus: 89.07mg (8.91%), Magnesium: 34.57mg (8.64%), Vitamin E: 1.19mg (7.91%), Vitamin A: 280.32IU (5.61%), Iron: 0.98mg (5.45%), Zinc: 0.78mg (5.18%), Vitamin K: 4.5µg (4.29%), Vitamin B6: 0.08mg (4.03%), Copper: 0.08mg (3.84%), Potassium: 111.16mg (3.18%), Vitamin B3: 0.61mg (3.07%), Vitamin B1: 0.03mg (2.24%), Folate: 8.05µg (2.01%), Vitamin B2: 0.03mg (1.67%), Vitamin B5: 0.13mg (1.34%)