



Cinnamon and Sugar Popped Sorghum



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



6 min.

SERVINGS



1

CALORIES



152 kcal

DESSERT

Ingredients



1 teaspoon canola oil



0.3 teaspoon ground cinnamon



2 tablespoons popping sorghum



1 teaspoon sugar white

Equipment



bowl

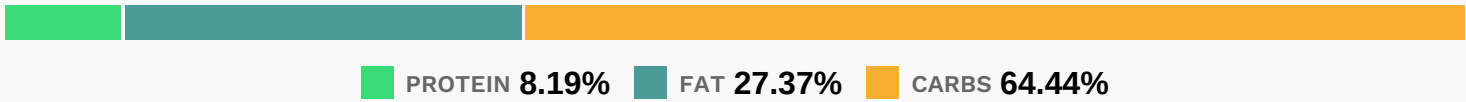


microwave

Directions

- ☐ Pour sorghum into a small brown paper bag and fold shut. Microwave on High until the majority of sorghum is popped, 1 to 1 1/2 minutes.
- ☐ Transfer popped sorghum into a bowl and drizzle with canola oil; sprinkle with sugar and cinnamon. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:75.09, Glycemic Load:2.8, Inflammation Score:0, Nutrition Score:2.2960869556536%

Nutrients (% of daily need)

Calories: 152.25kcal (7.61%), Fat: 4.99g (7.68%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 24.33g (8.85%), Sugar: 4g (4.45%), Cholesterol: 0mg (0%), Sodium: 1.86mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Phosphorus: 85.2mg (8.52%), Fiber: 2.13g (8.51%), Iron: 1.34mg (7.47%), Vitamin E: 0.71mg (4.74%), Vitamin B1: 0.07mg (4.68%), Manganese: 0.09mg (4.37%), Vitamin B3: 0.87mg (4.36%), Potassium: 105.74mg (3.02%), Vitamin K: 3.01µg (2.86%), Vitamin B2: 0.04mg (2.53%), Calcium: 13.33mg (1.33%)