




 **66%**
HEALTH SCORE

Cinnamon Popcorn

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



8

CALORIES



966 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 egg whites lightly beaten
- 1 teaspoon ground cinnamon
- 2 quarts popped popcorn plain
- 0.3 teaspoon salt
- 0.5 cup sugar

Equipment

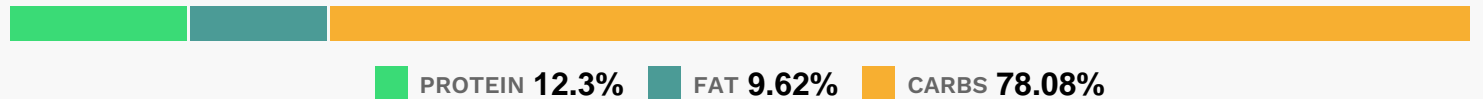
- bowl
- oven

baking pan

Directions

- Place popcorn in a 15-in. x 10-in. x 1-in. baking pan. In a small bowl, mix egg white, sugar, cinnamon and salt if desired.
- Pour over popcorn and mix thoroughly.
- Bake at 300° for 20 minutes. Cool. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:17.68, Glycemic Load:108.23, Inflammation Score:-9, Nutrition Score:27.819130143637%

Nutrients (% of daily need)

Calories: 966.29kcal (48.31%), Fat: 10.79g (16.6%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 196.98g (65.66%), Net Carbohydrates: 162.54g (59.11%), Sugar: 14.57g (16.18%), Cholesterol: 0mg (0%), Sodium: 97.97mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.07%), Fiber: 34.44g (137.75%), Manganese: 2.68mg (133.9%), Magnesium: 341.25mg (85.31%), Phosphorus: 847.71mg (84.77%), Zinc: 7.29mg (48.63%), Iron: 7.58mg (42.1%), Copper: 0.62mg (31.13%), Vitamin B3: 5.47mg (27.34%), Potassium: 785.83mg (22.45%), Vitamin B6: 0.37mg (18.6%), Folate: 73.51µg (18.38%), Vitamin B1: 0.25mg (16.42%), Vitamin B2: 0.22mg (12.67%), Vitamin B5: 1.21mg (12.15%), Vitamin A: 464.45IU (9.29%), Vitamin E: 0.69mg (4.61%), Vitamin K: 2.92µg (2.78%), Calcium: 19.5mg (1.95%), Selenium: 0.83µg (1.19%)