



Cinnamon-Sugar Popcorn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons butter melted
- ☐ 1 teaspoon ground cinnamon
- ☐ 8 cups popped popcorn (popped without salt or fat)
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl

Directions

- ☐
- Place popcorn in a large bowl. Lightly coat popcorn with cooking spray; toss well. Repeat procedure.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:3.36, Inflammation Score:-1, Nutrition Score:0.84086955670753%

Nutrients (% of daily need)

Calories: 36.78kcal (1.84%), Fat: 1.32g (2.03%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.02g (1.82%), Sugar: 1.55g (1.72%), Cholesterol: 2.82mg (0.94%), Sodium: 81.58mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Manganese: 0.08mg (4.16%), Fiber: 0.86g (3.46%), Magnesium: 8.02mg (2.01%), Phosphorus: 20.08mg (2.01%), Zinc: 0.17mg (1.15%), Iron: 0.19mg (1.04%)