



Cocoa-Cayenne Popcorn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground pepper to taste (or)
- ☐ 3 tablespoons powdered sugar
- ☐ 0.1 teaspoon ground allspice
- ☐ 10 cup popped popcorn plain
- ☐ 1 tablespoon cocoa powder unsweetened

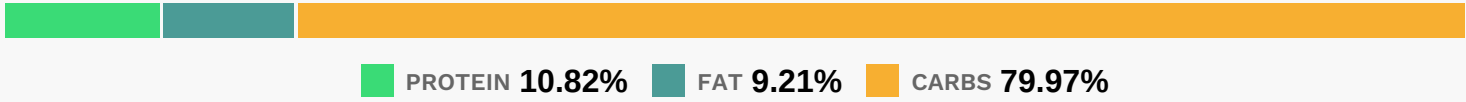
Equipment

- ☐ bowl

Directions

- ☐ Into a medium bowl, sift together the sugar, cocoa powder, cayenne pepper, and allspice.
- ☐ Place the popcorn in a large, shallow bowl. Coat with a 10-second spray of olive oil while stirring.
- ☐ Sprinkle the cocoa and spice mixture evenly on top; toss until well-coated.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:11.58, Inflammation Score:-3, Nutrition Score:4.2200000130612%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 133.18kcal (6.66%), Fat: 1.45g (2.23%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 23.75g (8.64%), Sugar: 6.14g (6.82%), Cholesterol: 0mg (0%), Sodium: 2.67mg (0.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Fiber: 4.5g (17.99%), Manganese: 0.36mg (17.93%), Magnesium: 46.11mg (11.53%), Phosphorus: 108.06mg (10.81%), Zinc: 0.94mg (6.24%), Copper: 0.12mg (6.03%), Iron: 1.07mg (5.94%), Vitamin B3: 0.67mg (3.37%), Potassium: 112.76mg (3.22%), Vitamin B6: 0.05mg (2.39%), Folate: 9.08µg (2.27%), Vitamin A: 106.25IU (2.13%), Vitamin B1: 0.03mg (2%), Vitamin B2: 0.03mg (1.66%), Vitamin B5: 0.14mg (1.43%)