



Cumin-Spiked Popcorn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup popcorn kernels
- ☐ 1 teaspoon salt

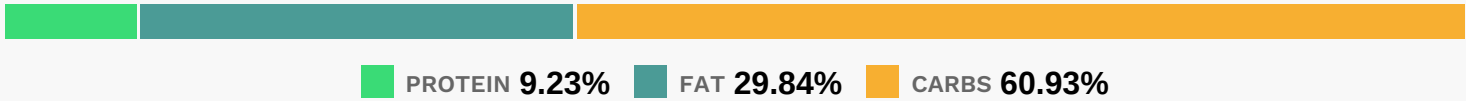
Equipment

- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a Dutch oven. Cover and shake vigorously for 7 minutes over medium-high heat or until all kernels are popped.
- ☐ Note: Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3004347785659%

Nutrients (% of daily need)

Calories: 75.38kcal (3.77%), Fat: 2.55g (3.92%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 9.59g (3.49%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 292.52mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Fiber: 2.11g (8.42%), Manganese: 0.17mg (8.33%), Magnesium: 21.16mg (5.29%), Phosphorus: 48.96mg (4.9%), Iron: 0.77mg (4.29%), Vitamin B1: 0.05mg (3.45%), Zinc: 0.45mg (3.03%), Folate: 9.6µg (2.4%), Vitamin B6: 0.05mg (2.33%), Vitamin E: 0.31mg (2.08%), Copper: 0.04mg (2.05%), Potassium: 52.71mg (1.51%), Vitamin B3: 0.27mg (1.36%), Vitamin K: 1.1µg (1.05%)