



Curried Microwave Popcorn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon curry powder to taste
- 1 serving brown paper bag
- 0.5 teaspoon salt to taste
- 0.3 cup unpopped popcorn

Equipment

- microwave

Directions

- Pour popcorn into the paper bag; fold top over several times to seal.
- Heat in microwave until popping slows, about 2 minutes. Season popcorn with salt and curry powder; close bag and shake to evenly coat.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:5.5713043588659%

Nutrients (% of daily need)

Calories: 157kcal (7.85%), Fat: 1.91g (2.93%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 25.38g (9.23%), Sugar: 0.4g (0.45%), Cholesterol: 0mg (0%), Sodium: 1166.13mg (50.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Fiber: 5.54g (22.16%), Manganese: 0.44mg (22.04%), Magnesium: 53mg (13.25%), Phosphorus: 126.08mg (12.61%), Vitamin B1: 0.13mg (8.83%), Iron: 1.55mg (8.62%), Zinc: 1.17mg (7.81%), Folate: 26.96µg (6.74%), Vitamin B6: 0.13mg (6.48%), Copper: 0.1mg (5.13%), Potassium: 128.01mg (3.66%), Vitamin B3: 0.69mg (3.45%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.16mg (1.62%), Vitamin B2: 0.02mg (1.3%)