



## Curried Popcorn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon canola oil
- 0.5 cup unpopped corn kernels
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 1 teaspoon salt

### Equipment

- ziploc bags

dutch oven

## Directions

- Combine first 4 ingredients in a heavy-duty zip-top plastic bag, shaking well. Set aside.
- Heat oil in a large Dutch oven over medium-high heat.
- Add popcorn, stirring to coat. Reduce heat to medium; cover and cook, shaking constantly, until popping sound stops.
- Add popcorn to spice mixture, and shake thoroughly.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1134782589%

## Nutrients (% of daily need)

Calories: 33.33kcal (1.67%), Fat: 2.67g (4.11%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 416.52mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin E: 0.59mg (3.94%), Manganese: 0.06mg (2.86%), Iron: 0.46mg (2.57%), Vitamin K: 2.38µg (2.27%), Fiber: 0.54g (2.16%), Folate: 6.16µg (1.54%), Magnesium: 4.76mg (1.19%), Phosphorus: 10.4mg (1.04%), Potassium: 35.21mg (1.01%)