

## Easy Kettle Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup granulated sugar
- 0.8 cup popcorn kernels
- 0.5 teaspoon salt fine
- 0.3 cup vegetable oil

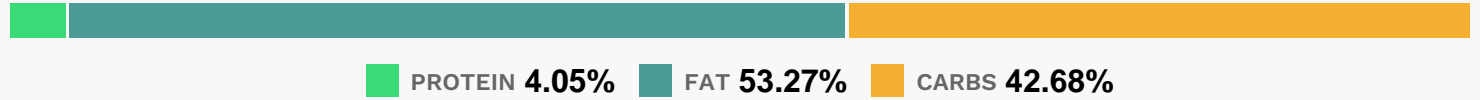
### Equipment

- pot

## Directions

- Heat the oil over medium heat in a large pot until shimmering.
- Add the kernels, cover with a tightfitting lid, and shake to evenly distribute. Once the kernels start popping, gently shake the pot until the popping subsides, about 2 to 3 minutes.
- Remove from the heat, immediately sprinkle with the sugar and salt, and toss to combine.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:2.2421738796908%

## Nutrients (% of daily need)

Calories: 129.61kcal (6.48%), Fat: 7.81g (12.02%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 12.52g (4.55%), Sugar: 5.1g (5.67%), Cholesterol: 0mg (0%), Sodium: 117.18mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin K: 13.36µg (12.73%), Fiber: 1.56g (6.25%), Manganese: 0.12mg (5.95%), Vitamin E: 0.63mg (4.17%), Magnesium: 15.13mg (3.78%), Phosphorus: 36.78mg (3.68%), Vitamin B1: 0.04mg (2.6%), Zinc: 0.34mg (2.26%), Iron: 0.38mg (2.1%), Folate: 7.63µg (1.91%), Vitamin B6: 0.04mg (1.77%), Copper: 0.03mg (1.42%)