



Emily's Famous Popcorn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 0.3 cup nutritional yeast
- 0.5 teaspoon salt to taste
- 0.8 cup popcorn kernels
- 2 tablespoons vegetable oil

Equipment

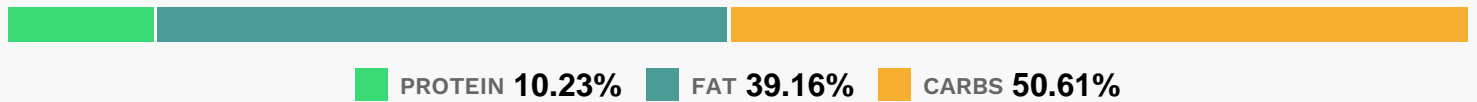
- bowl

- frying pan
- sauce pan
- pot

Directions

- Heat oil in a large saucepan or soup pot over medium-high heat.
- Add popcorn, and place the lid on the pan. Shake to coat kernels with oil. When the corn starts to pop, shake the pan constantly until the popping stops.
- Remove from heat, and pour popped corn into a large bowl.
- Drizzle the melted butter over the corn if using, and sprinkle with yeast, chili powder, cumin and salt. I like to give it a little stir before serving.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.1578260843197%

Nutrients (% of daily need)

Calories: 64.42kcal (3.22%), Fat: 2.88g (4.43%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 6.59g (2.4%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 108.83mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Fiber: 1.78g (7.12%), Manganese: 0.12mg (5.79%), Vitamin K: 4.88µg (4.65%), Vitamin A: 199.78IU (4%), Magnesium: 14.21mg (3.55%), Phosphorus: 33.48mg (3.35%), Iron: 0.59mg (3.3%), Vitamin E: 0.47mg (3.14%), Vitamin B1: 0.04mg (2.35%), Vitamin B6: 0.04mg (2.21%), Zinc: 0.32mg (2.13%), Potassium: 62.42mg (1.78%), Folate: 6.56µg (1.64%), Copper: 0.03mg (1.58%), Vitamin B3: 0.25mg (1.24%)