

# Funky Popcorn

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 tablespoons nutritional yeast
- 0.5 cup popcorn kernels
- 2 tablespoons butter salted melted
- 1.5 teaspoons za'atar

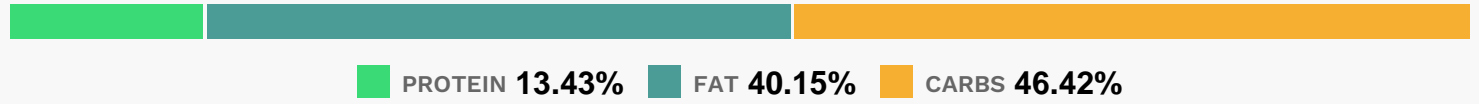
## Equipment

- bowl

## Directions

- Put popped popcorn in a large bowl.
- Drizzle melted butter over the popcorn and mix.
- Sprinkle nutritional yeast and za'atar over the popcorn; mix.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.1117391009694%

## Nutrients (% of daily need)

Calories: 198.93kcal (9.95%), Fat: 9.1g (14%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 18.14g (6.6%), Sugar: 0.26g (0.29%), Cholesterol: 20.07mg (6.69%), Sodium: 62.2mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Fiber: 5.53g (22.13%), Manganese: 0.3mg (15.13%), Iron: 1.9mg (10.56%), Vitamin K: 9.23µg (8.79%), Magnesium: 34.91mg (8.73%), Phosphorus: 84.97mg (8.5%), Potassium: 231.2mg (6.61%), Vitamin B1: 0.09mg (5.98%), Zinc: 0.79mg (5.27%), Vitamin A: 252.24IU (5.04%), Folate: 18.6µg (4.65%), Vitamin B6: 0.08mg (4.09%), Copper: 0.07mg (3.33%), Vitamin B3: 0.47mg (2.33%), Vitamin E: 0.32mg (2.15%), Calcium: 13.06mg (1.31%), Vitamin B5: 0.12mg (1.18%), Vitamin B2: 0.02mg (1.06%)