



Garlic Bread Popcorn

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.5 teaspoon garlic salt to taste
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 cup unpopped popcorn

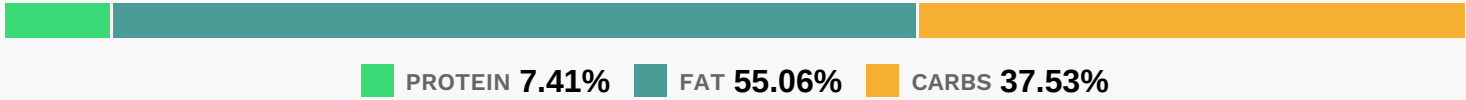
Equipment

- ☐ bowl

Directions

- ☐
- Pop popcorn in a air popper according to manufacturer's instructions; transfer to a large bowl.
- ☐
- Drizzle butter over popcorn; stir to evenly coat.
- ☐
- Sprinkle Parmesan cheese, garlic salt, and rosemary over popcorn; toss to coat.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.2782608406699%

Nutrients (% of daily need)

Calories: 162.68kcal (8.13%), Fat: 10.1g (15.54%), Saturated Fat: 5.92g (36.97%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 12.88g (4.68%), Sugar: 0.19g (0.22%), Cholesterol: 24.75mg (8.25%), Sodium: 403.39mg (17.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Fiber: 2.6g (10.41%), Manganese: 0.2mg (10.01%), Phosphorus: 79.67mg (7.97%), Magnesium: 26.31mg (6.58%), Vitamin A: 284.02IU (5.68%), Zinc: 0.68mg (4.55%), Vitamin B1: 0.07mg (4.41%), Iron: 0.64mg (3.55%), Folate: 13.18µg (3.29%), Vitamin B6: 0.06mg (3.07%), Calcium: 25.83mg (2.58%), Copper: 0.05mg (2.4%), Vitamin E: 0.31mg (2.05%), Potassium: 63.35mg (1.81%), Vitamin B3: 0.33mg (1.67%), Selenium: 0.98µg (1.4%), Vitamin B2: 0.02mg (1.28%), Vitamin B5: 0.1mg (1.01%)