



Garlic Oil and Pecorino Popcorn

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cloves garlic peeled smashed
- ☐ 3.5 ounce microwave popcorn or
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese finely grated
- ☐ 0.5 teaspoon salt

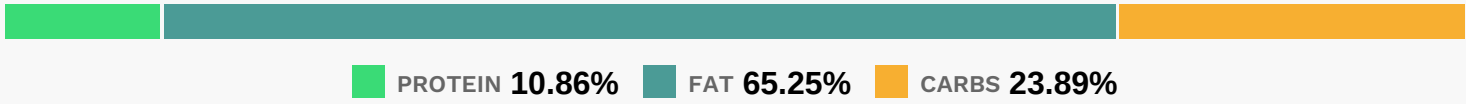
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐
- Pop the popcorn according to the package directions.
- ☐
- Heat the oil and garlic in a small saucepan over medium heat until golden, about 2 minutes.
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- Discard the garlic. In a large bowl, toss the popcorn with the oil, Pecorino, and salt.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:7.62, Inflammation Score:-2, Nutrition Score:5.2347826115463%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 246.57kcal (12.33%), Fat: 17.95g (27.62%), Saturated Fat: 6.69g (41.81%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 12.25g (4.46%), Sugar: 0.19g (0.21%), Cholesterol: 8.5mg (2.83%), Sodium: 680.6mg (29.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Calcium: 156.67mg (15.67%), Phosphorus: 153.04mg (15.3%), Vitamin E: 1.75mg (11.66%), Manganese: 0.22mg (10.76%), Fiber: 2.54g (10.15%), Magnesium: 31.93mg (7.98%), Selenium: 4.79µg (6.84%), Zinc: 0.92mg (6.13%), Vitamin K: 5.49µg (5.23%), Vitamin B6: 0.1mg (5.16%), Iron: 0.67mg (3.7%), Potassium: 124.56mg (3.56%), Vitamin B2: 0.06mg (3.41%), Copper: 0.06mg (2.93%), Vitamin A: 141.42IU (2.83%), Vitamin B12: 0.15µg (2.5%), Vitamin B3: 0.42mg (2.11%), Vitamin B1: 0.02mg (1.22%), Folate: 4.64µg (1.16%), Vitamin B5: 0.11mg (1.11%)