



## Garlic-Parmesan Popcorn

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup parmesan finely grated
- ☐ 1 cup popcorn kernels
- ☐ 5 servings salt
- ☐ 3 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

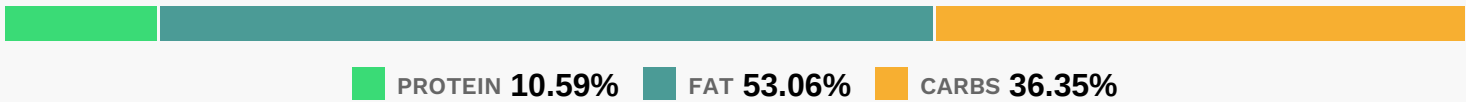
### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

## Directions

- ☐ In a small saucepan over medium heat, melt butter.
- ☐ Add garlic and cook 1 minute, stirring, then remove saucepan from heat and set aside to cool slightly.
- ☐ Warm vegetable oil in a large, deep pot with a tight-fitting lid over high heat. When oil is hot, add unpopped popcorn, cover pot, and cook 1 minute. Vigorously slide pot back and forth over burner until popcorn begins to pop. Continue cooking and shaking pot until popping subsides, about 5 minutes.
- ☐ Remove pot from heat and transfer popcorn to large serving bowl.
- ☐ Pour butter-garlic mixture over popcorn, sprinkle with Parmesan and cayenne and toss to coat. Season with salt and serve.

## Nutrition Facts



## Properties

Glycemic Index:17.8, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:6.7217391003733%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 272.94kcal (13.65%), Fat: 16.29g (25.06%), Saturated Fat: 7g (43.77%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 20.86g (7.59%), Sugar: 0.42g (0.46%), Cholesterol: 24.86mg (8.29%), Sodium: 357.47mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Phosphorus: 171.91mg (17.19%), Manganese: 0.34mg (17.14%), Fiber: 4.25g (16.98%), Calcium: 124.64mg (12.46%), Magnesium: 45.52mg (11.38%), Vitamin K: 10.94µg (10.42%), Zinc: 1.2mg (8.03%), Vitamin A: 371.34IU (7.43%), Vitamin B1: 0.11mg (7.42%), Iron: 1.12mg (6.22%), Vitamin B6: 0.12mg (6.18%), Folate: 21.54µg (5.38%), Vitamin E: 0.8mg (5.36%), Copper: 0.08mg (4.19%), Selenium: 2.52µg (3.6%), Vitamin B2: 0.05mg (3.21%), Potassium: 109.97mg (3.14%), Vitamin B3: 0.58mg (2.91%), Vitamin B12: 0.13µg (2.24%), Vitamin B5: 0.19mg (1.91%), Vitamin D: 0.18µg (1.17%)