



# Gluten-Free Tuesday: Chocolate Chipotle Bacon Popcorn

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



10

CALORIES



540 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 cups cooking oil
- 2 strips bacon crumbled crisp cooked drained
- 8 ounces chocolate dark melted
- 0.3 teaspoon chipotle chili powder (add more if you like a really spicy kick)
- 10 servings kosher salt
- 0.5 teaspoon pumpkin pie spice

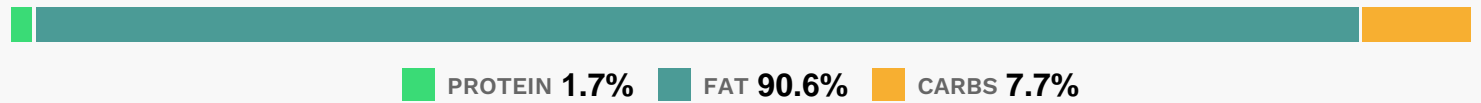
## Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- wooden spoon

## Directions

- Line a rimmed baking sheet with parchment paper, set aside. In small bowl, stir together melted chocolate and spices.
- Pour chocolate over popcorn. Using a wooden spoon, toss to combine.
- Spread mixture on prepared baking sheet.
- Sprinkle popcorn lightly with kosher salt. And, if using, sprinkle crumbled bacon over the top of the popcorn. Allow chocolate to set. Break popcorn into pieces, and serve. (To speed up the setting time, place the pan in the refrigerator for twentyminutes.)

## Nutrition Facts



## Properties

Glycemic Index:2.3, Glycemic Load:1.83, Inflammation Score:-5, Nutrition Score:8.6291304936875%

## Nutrients (% of daily need)

Calories: 539.63kcal (26.98%), Fat: 55.05g (84.69%), Saturated Fat: 9.05g (56.57%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 8.03g (2.92%), Sugar: 5.45g (6.06%), Cholesterol: 2.26mg (0.75%), Sodium: 226.08mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.14mg (6.05%), Protein: 2.32g (4.64%), Vitamin E: 8mg (53.34%), Vitamin K: 33.68µg (32.08%), Manganese: 0.46mg (22.97%), Copper: 0.4mg (20.17%), Iron: 2.74mg (15.24%), Magnesium: 52.42mg (13.11%), Fiber: 2.5g (10.02%), Phosphorus: 76.33mg (7.63%), Zinc: 0.8mg (5.36%), Potassium: 171.82mg (4.91%), Selenium: 2.37µg (3.39%), Vitamin B3: 0.42mg (2.08%), Calcium: 17.7mg (1.77%), Vitamin B12: 0.08µg (1.35%), Vitamin B2: 0.02mg (1.29%), Vitamin B5: 0.11mg (1.13%), Vitamin B1: 0.02mg (1.13%)