



Indian Spiced Popcorn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 1 teaspoon garam masala
- 0.3 teaspoon cayenne and ground turmeric
- 0.5 cup popcorn kernels
- 6 servings salt
- 1 tablespoon vegetable oil

Equipment

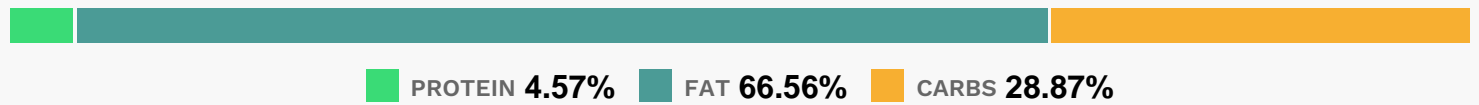
- bowl

pot

Directions

- Heat oil in a large pot over high heat, then add popcorn, cover, and shake pot often. When popping slows, remove from heat until popping stops.
- Transfer to a large bowl. Melt butter in pot, then add garam masala, cayenne, and turmeric.
- Drizzle over popcorn, tossing well.
- Sprinkle to taste with salt.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:2.3173913209821%

Nutrients (% of daily need)

Calories: 140.73kcal (7.04%), Fat: 10.58g (16.27%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 8.5g (3.09%), Sugar: 0.13g (0.15%), Cholesterol: 20.34mg (6.78%), Sodium: 255.82mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Fiber: 1.82g (7.26%), Manganese: 0.14mg (6.93%), Vitamin A: 236.36IU (4.73%), Vitamin K: 4.84µg (4.61%), Phosphorus: 43.36mg (4.34%), Magnesium: 17.17mg (4.29%), Vitamin E: 0.44mg (2.94%), Vitamin B1: 0.04mg (2.93%), Zinc: 0.39mg (2.59%), Iron: 0.45mg (2.52%), Folate: 8.79µg (2.2%), Vitamin B6: 0.04mg (2.06%), Copper: 0.03mg (1.59%), Potassium: 41.86mg (1.2%), Vitamin B3: 0.23mg (1.13%)