

# Kettle Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup unpopped popcorn kernels
- 0.3 cup vegetable oil
- 0.3 cup sugar white

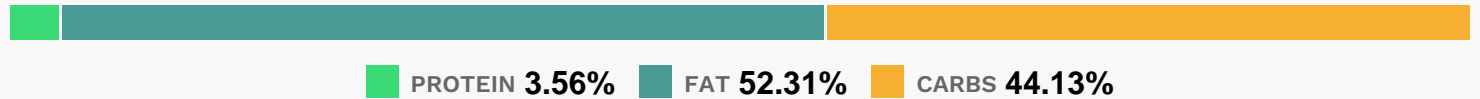
## Equipment

- bowl
- pot

## Directions

- Heat the vegetable oil in a large pot over medium heat. Once hot, stir in the sugar and popcorn. Cover, and shake the pot constantly to keep the sugar from burning. Once the popping has slowed to once every 2 to 3 seconds, remove the pot from the heat and continue to shake for a few minutes until the popping has stopped.
- Pour into a large bowl, and allow to cool, stirring occasionally to break up large clumps.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:1.5560869624757%

## Nutrients (% of daily need)

Calories: 98.18kcal (4.91%), Fat: 5.82g (8.95%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.01g (3.64%), Sugar: 5.06g (5.63%), Cholesterol: 0mg (0%), Sodium: 0.62mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin K: 10.02µg (9.55%), Fiber: 1.04g (4.17%), Manganese: 0.08mg (3.96%), Vitamin E: 0.47mg (3.11%), Magnesium: 10.09mg (2.52%), Phosphorus: 24.52mg (2.45%), Vitamin B1: 0.03mg (1.73%), Zinc: 0.23mg (1.51%), Iron: 0.25mg (1.4%), Folate: 5.08µg (1.27%), Vitamin B6: 0.02mg (1.18%)