



Kettle Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup unpopped popcorn kernels
- ☐ 0.3 cup sugar
- ☐ 1.5 tablespoons vegetable oil

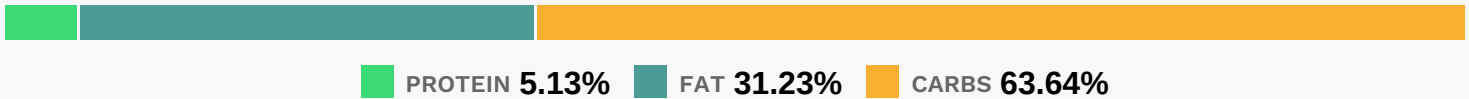
Equipment

- ☐ bowl

Directions

- ☐ Place first 3 ingredients in a hand-cranked popcorn popper.
- ☐ Cook popcorn kernel mixture over medium-high heat, rapidly turning hand crank. Once kernels begin to pop, reduce heat to low, and continue cranking until popping stops.
- ☐ Place popcorn in a large bowl, and sprinkle with salt.
- ☐ Note: For testing purposes only, we used a Whirley-Pop Popcorn Popper.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.0143478188826%

Nutrients (% of daily need)

Calories: 56.69kcal (2.83%), Fat: 2.01g (3.09%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 8.34g (3.03%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 97.42mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Fiber: 0.87g (3.47%), Manganese: 0.07mg (3.31%), Vitamin K: 3.13µg (2.98%), Magnesium: 8.41mg (2.1%), Phosphorus: 20.43mg (2.04%), Vitamin B1: 0.02mg (1.44%), Zinc: 0.19mg (1.26%), Iron: 0.21mg (1.17%), Folate: 4.24µg (1.06%), Vitamin E: 0.16mg (1.04%)