

Lemon-Parmesan Popcorn

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan finely grated
- ☐ 0.5 cup popcorn kernels

Equipment

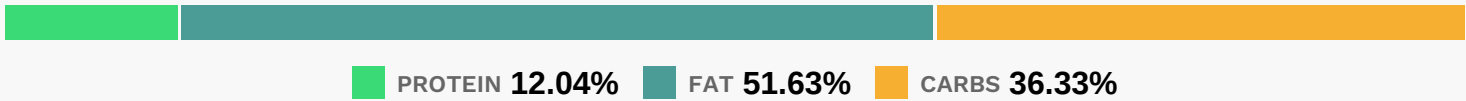
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine lemon rind, pepper, salt, and Parmigiano–Reggiano cheese in a small bowl.
- ☐ Heat oil in a medium, heavy saucepan over medium–high heat.
- ☐ Add popcorn to oil in saucepan; cover and cook 2 minutes or until kernels begin to pop, shaking pan frequently. Continue cooking 1 minute, shaking pan constantly. When popping slows down, remove pan from heat.
- ☐ Let stand 1 minute or until all popping stops.
- ☐ Pour 6 cups popcorn into a large bowl; stir in half of cheese mixture. Stir in remaining 6 cups popcorn and remaining half of cheese mixture; toss to coat.
- ☐ Let stand 1 minute before serving.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.0600000153417%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 115.43kcal (5.77%), Fat: 6.7g (10.31%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.72g (3.17%), Sugar: 0.2g (0.22%), Cholesterol: 3.78mg (1.26%), Sodium: 187.05mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Manganese: 0.18mg (8.77%), Phosphorus: 80.03mg (8%), Fiber: 1.89g (7.56%), Calcium: 68.94mg (6.89%), Magnesium: 19.93mg (4.98%), Vitamin E: 0.72mg (4.82%), Zinc: 0.53mg (3.56%), Vitamin K: 3.45µg (3.29%), Vitamin B1: 0.05mg (3.08%), Iron: 0.53mg (2.92%), Vitamin B6: 0.05mg (2.33%), Folate: 9.01µg (2.25%), Copper: 0.04mg (1.9%), Selenium: 1.27µg (1.82%), Vitamin B2: 0.03mg (1.53%), Potassium: 48.12mg (1.37%), Vitamin B3: 0.24mg (1.2%), Vitamin B12: 0.07µg (1.11%), Vitamin C: 0.86mg (1.04%)