

Maple Kettle Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup maple sugar
- ☐ 0.5 cup unpopped popcorn kernels

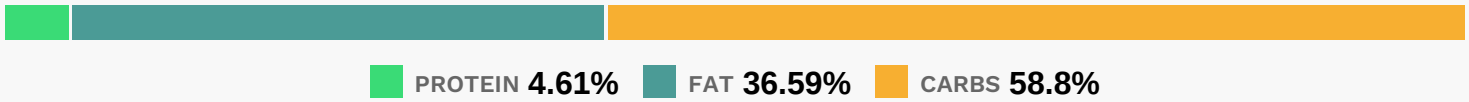
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a 3-quart saucepan over medium-high heat.
- ☐ Add popcorn, sugar, and salt to pan; cover and cook 3 minutes or until kernels begin to pop, shaking pan frequently. Continue cooking 2 minutes, shaking pan constantly to prevent burning. When popping slows down, remove pan from heat.
- ☐ Let stand, covered, until all popping stops.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:4.23, Inflammation Score:-1, Nutrition Score:2.5060869273932%

Nutrients (% of daily need)

Calories: 95.55kcal (4.78%), Fat: 3.96g (6.09%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 13g (4.73%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 146.87mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Manganese: 0.43mg (21.3%), Fiber: 1.3g (5.21%), Zinc: 0.73mg (4.87%), Vitamin E: 0.64mg (4.25%), Magnesium: 14.02mg (3.5%), Phosphorus: 30.87mg (3.09%), Iron: 0.43mg (2.4%), Vitamin K: 2.5µg (2.38%), Vitamin B1: 0.03mg (2.21%), Folate: 6.36µg (1.59%), Copper: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.49%), Potassium: 48.37mg (1.38%)