



## Monkey Popcorn Snack Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



7

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup banana chips dried
- ☐ 1 tablespoon coconut oil melted
- ☐ 1 Dash nutmeg
- ☐ 6 cups air-popped popcorn organic
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup coconut or unsweetened sweetened flaked for the large flakes, like these or these ( or - look )

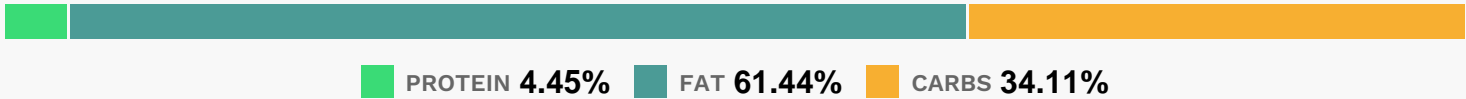
### Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat your oven to 325°F.
- ☐ Spread the coconut in a 9 x 13-inch baking pan, breaking up any clumps as needed.
- ☐ Bake for 10 minutes or until edges of coconut begin to brown.
- ☐ Spread popcorn over coconut and sprinkle with melted coconut oil. Toss to evenly coat.
- ☐ Sprinkle popcorn mixture with sugar, salt and nutmeg, and toss again to evenly coat.
- ☐ Bake 5 minutes longer and stir in the banana chips.
- ☐ Serve immediately or cool and store in an airtight container for up to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:32.63, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:4.5521739202997%

## Nutrients (% of daily need)

Calories: 199.26kcal (9.96%), Fat: 14.38g (22.12%), Saturated Fat: 12.21g (76.31%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 13.65g (4.96%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 47.53mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Manganese: 0.63mg (31.6%), Fiber: 4.31g (17.24%), Magnesium: 34mg (8.5%), Copper: 0.15mg (7.39%), Phosphorus: 65.87mg (6.59%), Iron: 0.86mg (4.79%), Potassium: 162.56mg (4.64%), Zinc: 0.63mg (4.19%), Vitamin B6: 0.08mg (4.15%), Selenium: 2.43µg (3.48%), Vitamin B5: 0.22mg (2.21%), Vitamin B3: 0.38mg (1.89%), Vitamin B1: 0.03mg (1.86%), Folate: 5.82µg (1.46%), Vitamin B2: 0.02mg (1.31%), Vitamin C: 0.95mg (1.15%)