



## Movie Star Popcorn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter
- 3 tablespoons vegetable oil; peanut oil preferred
- 0.5 teaspoon salt
- 0.5 cup unpopped popcorn

### Equipment

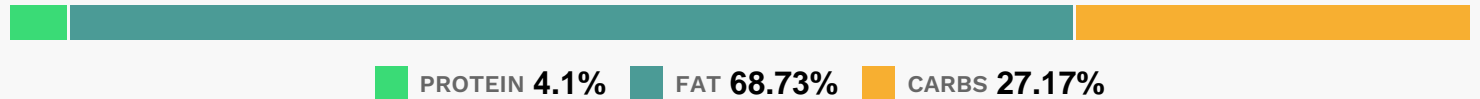
- bowl
- frying pan
- sauce pan

pot

## Directions

- Heat the oil in a 2 to 3 quart saucepan or pot with a lid set over medium-high heat.
- Pour in popcorn kernels and sprinkle enough salt to lightly cover the layer of kernels. Remember, you can always add more salt later.
- Add the butter to the pot and cover with the lid.
- As soon as the kernels start to pop, shake the pan back and forth across the burner constantly until the popping slows down. As soon as the pops are about 2 seconds apart, remove from the heat and pour into a serving bowl. Taste, and season with additional salt if desired.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3056521623031%

## Nutrients (% of daily need)

Calories: 87.95kcal (4.4%), Fat: 6.82g (10.5%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.03g (1.83%), Sugar: 0.08g (0.08%), Cholesterol: 6.02mg (2.01%), Sodium: 134.85mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin E: 0.74mg (4.97%), Fiber: 1.04g (4.17%), Manganese: 0.08mg (3.96%), Magnesium: 10.15mg (2.54%), Phosphorus: 25.19mg (2.52%), Vitamin B1: 0.03mg (1.74%), Zinc: 0.23mg (1.52%), Vitamin A: 69.97IU (1.4%), Iron: 0.25mg (1.4%), Folate: 5.17µg (1.29%), Vitamin B6: 0.02mg (1.18%)