



Nacho Popcorn

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 oz butter-flavored microwave popcorn (butter or natural flavor)
- 1 serving chili powder
- 0.5 cup olives ripe sliced
- 4 oz chilis green chopped canned
- 8 oz sharp cheddar cheese shredded

Equipment

- microwave

Directions

- Remove and discard unpopped kernels from popped popcorn. Divide popcorn among four 10-inch microwavable dinner plates.
- Sprinkle each with desired amount of chili powder and equal amounts of olives, chilies and cheese.
- Microwave 1 plate at a time uncovered on High about 1 minute or until cheese is melted. (If cheese melts unevenly, rotate plate 1/2 turn after 30 seconds.)
- Serve warm.

Nutrition Facts

PROTEIN 13.45% **FAT 63.06%** **CARBS 23.49%**

Properties

Glycemic Index:11.47, Glycemic Load:7.56, Inflammation Score:-4, Nutrition Score:7.2513043310331%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 265.04kcal (13.25%), Fat: 18.72g (28.8%), Saturated Fat: 9.3g (58.1%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 12.57g (4.57%), Sugar: 0.23g (0.26%), Cholesterol: 28.35mg (9.45%), Sodium: 566.67mg (24.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.97%), Calcium: 216.45mg (21.65%), Phosphorus: 196.49mg (19.65%), Selenium: 9.95µg (14.22%), Fiber: 3.11g (12.45%), Zinc: 1.63mg (10.84%), Manganese: 0.19mg (9.69%), Vitamin A: 452.87IU (9.06%), Vitamin E: 1.34mg (8.94%), Magnesium: 35.57mg (8.89%), Vitamin B2: 0.15mg (8.65%), Vitamin C: 4.85mg (5.88%), Vitamin B6: 0.12mg (5.88%), Vitamin B12: 0.3µg (5.01%), Iron: 0.81mg (4.53%), Folate: 17.65µg (4.41%), Potassium: 153.18mg (4.38%), Copper: 0.07mg (3.59%), Vitamin B3: 0.53mg (2.65%), Vitamin K: 2.1µg (2%), Vitamin B5: 0.18mg (1.78%), Vitamin B1: 0.02mg (1.5%), Vitamin D: 0.17µg (1.13%)