



Nacho Popcorn

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup chilis green drained chopped well
- 8 servings chili powder
- 7 oz butter-flavored microwave popcorn (butter or natural flavor)
- 0.5 cup olives ripe sliced
- 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 13.48%**  **FAT 62.8%**  **CARBS 23.72%**

Properties

Glycemic Index:11.47, Glycemic Load:7.56, Inflammation Score:-6, Nutrition Score:8.2069565576056%

Flavonoids

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

Nutrients (% of daily need)

Calories: 267.91kcal (13.4%), Fat: 18.94g (29.14%), Saturated Fat: 9.34g (58.35%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 12.55g (4.56%), Sugar: 0.36g (0.4%), Cholesterol: 28.35mg (9.45%), Sodium: 556.34mg (24.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Calcium: 218.69mg (21.87%), Phosphorus: 200.66mg (20.07%), Vitamin A: 959.35IU (19.19%), Selenium: 10.28µg (14.69%), Fiber: 3.55g (14.21%), Vitamin E: 2.01mg (13.39%), Zinc: 1.69mg (11.28%), Manganese: 0.22mg (11.18%), Vitamin B2: 0.16mg (9.45%), Magnesium: 37.78mg (9.45%), Vitamin B6: 0.14mg (7.12%), Iron: 0.99mg (5.48%), Potassium: 176.19mg (5.03%), Vitamin B12: 0.3µg (5.01%), Copper: 0.09mg (4.47%), Vitamin K: 3.95µg (3.77%), Vitamin B3: 0.67mg (3.36%), Folate: 12.83µg (3.21%), Vitamin B5: 0.19mg (1.86%), Vitamin C: 1.5mg (1.82%), Vitamin B1: 0.03mg (1.72%), Vitamin D: 0.17µg (1.13%)