



Norman's Stove-Top Popcorn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 teaspoon canola oil
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup popcorn kernels

Equipment

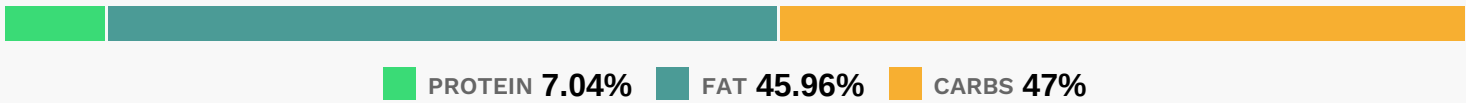
- ☐ bowl
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Combine kernels and oil in a heavy 3–qt. saucepan. Cover with lid, and cook over medium heat 2 to 3 minutes or until kernels begin to pop. Cook, shaking pan often, 2 more minutes or until popping slows.
- ☐ Transfer popcorn to a serving bowl.
- ☐ Drizzle with butter, and sprinkle warm popcorn with kosher salt and pepper; toss to coat.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.7847826032211%

Nutrients (% of daily need)

Calories: 34.2kcal (1.71%), Fat: 1.77g (2.73%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.37g (1.23%), Sugar: 0.05g (0.06%), Cholesterol: 3.01mg (1%), Sodium: 125.67mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Manganese: 0.06mg (2.97%), Fiber: 0.71g (2.83%), Magnesium: 6.84mg (1.71%), Phosphorus: 16.76mg (1.68%), Vitamin B1: 0.02mg (1.16%), Zinc: 0.15mg (1.02%)