



Oriental Popcorn

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounce chow mein noodles canned
- ☐ 1 cup dry-roasted peanuts
- ☐ 3.5 ounce butter-flavored microwave popcorn

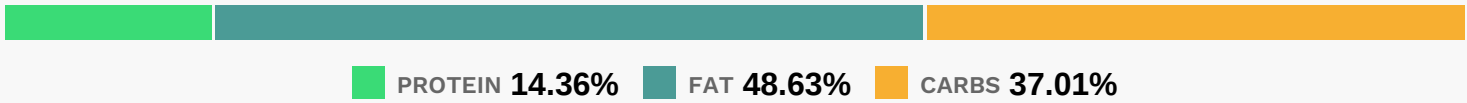
Equipment

Directions

☐

Add 1 (5-ounce) can chow mein noodles, 1 cup dry-roasted peanuts, and 3/4 teaspoonground ginger.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:2.95, Inflammation Score:-2, Nutrition Score:4.4717391262884%

Nutrients (% of daily need)

Calories: 188.54kcal (9.43%), Fat: 10.5g (16.15%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 14.91g (5.42%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 227.52mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.95%), Manganese: 0.42mg (20.93%), Fiber: 3.06g (12.25%), Vitamin B3: 2.33mg (11.66%), Magnesium: 34.95mg (8.74%), Phosphorus: 82.1mg (8.21%), Copper: 0.12mg (5.82%), Iron: 0.99mg (5.48%), Folate: 19.88µg (4.97%), Potassium: 156.06mg (4.46%), Zinc: 0.52mg (3.44%), Vitamin B1: 0.05mg (3.36%), Vitamin B6: 0.07mg (3.33%), Selenium: 1.8µg (2.57%), Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.28mg (1.9%), Calcium: 16.88mg (1.69%), Vitamin B2: 0.02mg (1.08%)