



Parmesan-Black Pepper Popcorn

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3.3 oz popped microwave popcorn 4 cups
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper

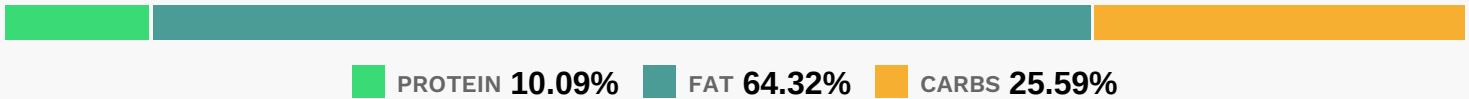
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 32
- ☐ Drizzle popcorn with melted butter, and sprinkle with Parmesan cheese and pepper. Toss gently to combine.
- ☐ Place in a lightly greased 15- x 10-inch jelly-roll pan, and bake at 325 for 10 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:1.8813043463489%

Nutrients (% of daily need)

Calories: 91.58kcal (4.58%), Fat: 6.58g (10.13%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.94g (1.79%), Sugar: 0.03g (0.04%), Cholesterol: 10.37mg (3.46%), Sodium: 176.9mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Phosphorus: 56.59mg (5.66%), Calcium: 47.25mg (4.72%), Manganese: 0.08mg (4.05%), Fiber: 0.96g (3.83%), Selenium: 2.44µg (3.49%), Magnesium: 11.71mg (2.93%), Zinc: 0.43mg (2.87%), Vitamin A: 129.96IU (2.6%), Vitamin E: 0.36mg (2.4%), Vitamin B6: 0.03mg (1.59%), Potassium: 50.86mg (1.45%), Vitamin B2: 0.02mg (1.41%), Vitamin B12: 0.07µg (1.2%), Iron: 0.22mg (1.19%), Copper: 0.02mg (1.07%)