



Parmesan, Parsley, and Maldon Salt Popcorn

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 cup parmesan fresh grated
- ☐ 18 cups popped popcorn
- ☐ 2 teaspoons sea salt
- ☐ 4 tablespoons truffle oil

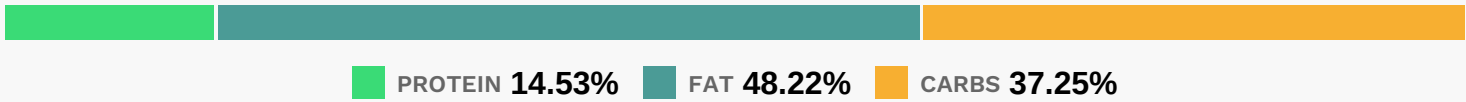
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine freshly popped popcorn and truffle oil, drizzling until all kernels are lightly coated.
- ☐ Add grated Parmesan, tossing well (continue to mix the popcorn to prevent cheese from clumping). Top with salt and parsley.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:10.53, Inflammation Score:-4, Nutrition Score:6.4182608814343%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 207.02kcal (10.35%), Fat: 11.36g (17.48%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 16.12g (5.86%), Sugar: 0.32g (0.36%), Cholesterol: 8.5mg (2.83%), Sodium: 784.3mg (34.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin K: 21.12µg (20.12%), Phosphorus: 175.93mg (17.59%), Calcium: 151.54mg (15.15%), Fiber: 3.62g (14.49%), Manganese: 0.28mg (14.05%), Magnesium: 41.65mg (10.41%), Zinc: 1.12mg (7.46%), Vitamin E: 1.11mg (7.43%), Iron: 1mg (5.55%), Vitamin A: 230.38IU (4.61%), Selenium: 2.82µg (4.02%), Vitamin B2: 0.06mg (3.71%), Copper: 0.07mg (3.54%), Vitamin B3: 0.62mg (3.09%), Potassium: 98.66mg (2.82%), Vitamin B6: 0.05mg (2.56%), Folate: 10.07µg (2.52%), Vitamin B12: 0.15µg (2.5%), Vitamin B1: 0.03mg (2.1%), Vitamin B5: 0.19mg (1.87%), Vitamin C: 1.33mg (1.61%)