



Parmigiano–Black Pepper Popcorn

 **Gluten Free**

READY IN



10 min.

SERVINGS



8

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.5 cup parmesan finely grated
- 0.5 cup popcorn kernels
- 0.5 teaspoon salt fine
- 3 tablespoons butter unsalted melted

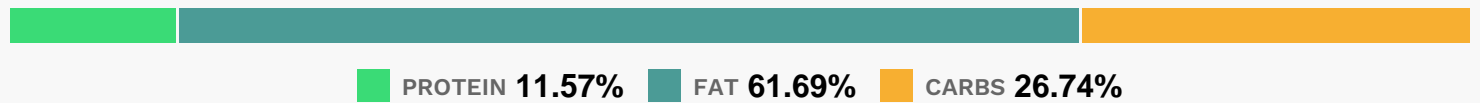
Equipment

- bowl

Directions

- In a small bowl, toss together the cheese, pepper, and salt until well combined. Using an air popper, pop the corn kernels into a large bowl. Meanwhile, combine the butter and olive oil in a small bowl. As the large bowl begins to fill with popcorn, alternately drizzle the butter–olive oil mixture over the popcorn and sprinkle it with the cheese mixture, occasionally tossing to coat. When the popcorn stops popping, use your hands to toss everything together and ensure that the ingredients are evenly distributed.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:2.5808695580648%

Nutrients (% of daily need)

Calories: 116.36kcal (5.82%), Fat: 8.07g (12.41%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 6.54g (2.38%), Sugar: 0.15g (0.16%), Cholesterol: 15.54mg (5.18%), Sodium: 246.82mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Calcium: 76.43mg (7.64%), Phosphorus: 75.48mg (7.55%), Manganese: 0.12mg (5.82%), Fiber: 1.33g (5.33%), Magnesium: 15.68mg (3.92%), Vitamin A: 180.69IU (3.61%), Zinc: 0.46mg (3.07%), Vitamin E: 0.41mg (2.76%), Vitamin B1: 0.04mg (2.36%), Iron: 0.39mg (2.15%), Selenium: 1.47µg (2.09%), Vitamin B6: 0.04mg (1.79%), Folate: 6.97µg (1.74%), Vitamin K: 1.73µg (1.65%), Vitamin B2: 0.03mg (1.62%), Vitamin B12: 0.08µg (1.4%), Copper: 0.03mg (1.4%), Potassium: 36.8mg (1.05%)