

Popcorn Nachos

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter melted
- 1 teaspoon pepper red crushed
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 gallon popped popcorn
- 0.5 cup cheddar cheese shredded

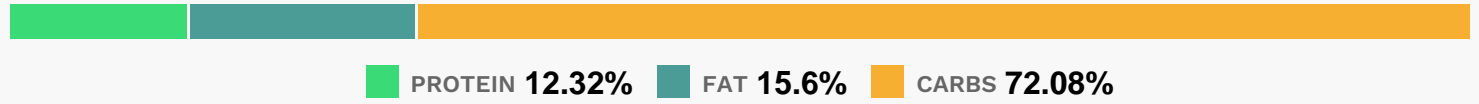
Equipment

- bowl

Directions

- In a small bowl, mix together butter, crushed red pepper, cumin and paprika.
- Place popcorn in a large bowl.
- Sprinkle with the butter mixture and Cheddar cheese. Toss until well mixed.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:99.53, Inflammation Score:-9, Nutrition Score:28.596521723287%

Nutrients (% of daily need)

Calories: 982.04kcal (49.1%), Fat: 17.76g (27.32%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 184.58g (61.53%), Net Carbohydrates: 150.17g (54.61%), Sugar: 2.1g (2.33%), Cholesterol: 18.78mg (6.26%), Sodium: 89.98mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.11%), Fiber: 34.41g (137.62%), Manganese: 2.64mg (132.09%), Phosphorus: 866.25mg (86.63%), Magnesium: 342.65mg (85.66%), Zinc: 7.44mg (49.6%), Iron: 7.69mg (42.7%), Copper: 0.62mg (31.21%), Vitamin B3: 5.5mg (27.49%), Potassium: 790.32mg (22.58%), Vitamin B6: 0.38mg (19%), Folate: 74.41µg (18.6%), Vitamin B1: 0.25mg (16.6%), Vitamin A: 776.59IU (15.53%), Vitamin B2: 0.22mg (12.79%), Vitamin B5: 1.23mg (12.33%), Vitamin E: 0.97mg (6.44%), Calcium: 45.09mg (4.51%), Vitamin K: 3.66µg (3.49%), Selenium: 1.11µg (1.59%)