



Popcorn Palooza

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

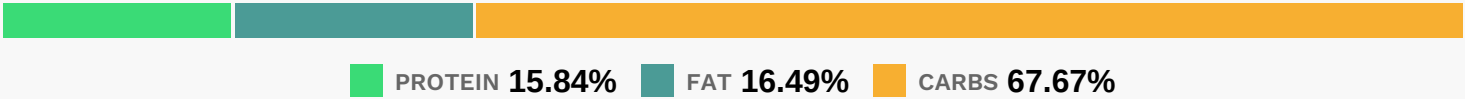
- ☐ 1 pinch ground pepper
- ☐ 1 tablespoon parmesan
- ☐ 3 cups popped popcorn

Equipment

Directions

- ☐ Blend popcorn with Parmesan and cayenne pepper.

Nutrition Facts



Properties

Glycemic Index:125.33, Glycemic Load:13.93, Inflammation Score:-3, Nutrition Score:5.0869565819917%

Nutrients (% of daily need)

Calories: 147.63kcal (7.38%), Fat: 2.81g (4.32%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 21.11g (7.68%), Sugar: 0.34g (0.37%), Cholesterol: 3.4mg (1.13%), Sodium: 82.77mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Fiber: 4.81g (19.25%), Manganese: 0.37mg (18.51%), Phosphorus: 153.13mg (15.31%), Magnesium: 49.87mg (12.47%), Zinc: 1.16mg (7.71%), Calcium: 61.66mg (6.17%), Iron: 1.1mg (6.12%), Copper: 0.09mg (4.42%), Vitamin B3: 0.78mg (3.92%), Potassium: 115.18mg (3.29%), Vitamin B6: 0.06mg (2.94%), Vitamin A: 145.34IU (2.91%), Folate: 10.69µg (2.67%), Vitamin B2: 0.04mg (2.64%), Vitamin B1: 0.04mg (2.44%), Vitamin B5: 0.19mg (1.91%), Selenium: 1.13µg (1.62%)