



Popcorn with Brown Butter and Parmesan



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons parmesan grated
- ☐ 1 cup popcorn kernels plain
- ☐ 3 tablespoons butter unsalted

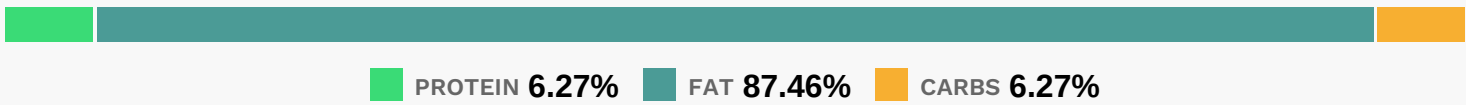
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Pop the popcorn. Brown the butter: Melt the butter in a skillet or small saucepan over medium heat. Swirl or stir the butter with a wooden spoon as it starts to foam and sputter.
- ☐ Remove the butter from the heat as soon as it begins to turn golden brown and smells nutty, about 1 minute.
- ☐ Drizzle over the popcorn.
- ☐ Sprinkle with the Parmesan and salt and toss well.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:0.85, Inflammation Score:-2, Nutrition Score:1.2999999970198%

Nutrients (% of daily need)

Calories: 104.78kcal (5.24%), Fat: 10.34g (15.91%), Saturated Fat: 6.42g (40.1%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.04g (0.05%), Cholesterol: 25.13mg (8.38%), Sodium: 227.55mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin A: 296.52IU (5.93%), Calcium: 47.64mg (4.76%), Phosphorus: 35.64mg (3.56%), Vitamin E: 0.33mg (2.21%), Selenium: 1.14µg (1.63%), Magnesium: 4.75mg (1.19%), Vitamin D: 0.18µg (1.17%), Zinc: 0.17mg (1.17%), Fiber: 0.28g (1.11%), Manganese: 0.02mg (1.11%), Vitamin B12: 0.06µg (1.05%), Vitamin B2: 0.02mg (1.04%)