



Popcorn with Herbs de Provence and Asiago Cheese

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asiago finely grated
- 2 large cloves garlic crushed
- 1.5 teaspoons herbs de provence dried crumbled
- 1.5 teaspoons kosher salt
- 0.3 cup vegetable oil; peanut oil preferred
- 0.5 cup popcorn kernels
- 6 tablespoons butter unsalted at room temperature ()

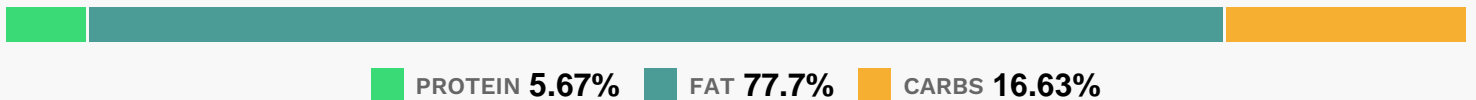
Equipment

- bowl
- sauce pan
- pot

Directions

- Watch how to make this recipe.
- Combine the butter, garlic and herbes de Provence in a small saucepan. Cook over medium-low heat until the butter melts.
- Remove the saucepan from the heat and let stand while making the popcorn.
- Combine the oil and popcorn in a heavy large pot. Cover and cook over medium-high heat until almost all the kernels pop.
- Transfer the popcorn to a large bowl.
- Remove the garlic cloves from the butter and discard, if desired.
- Add the salt, cheese and butter mixture to the popcorn. Toss until the popcorn is coated.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:3.0308695992698%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 191.36kcal (9.57%), Fat: 16.8g (25.85%), Saturated Fat: 7.29g (45.56%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 6.71g (2.44%), Sugar: 0.14g (0.16%), Cholesterol: 25.41mg (8.47%), Sodium: 504.88mg (21.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin E: 1.35mg (9.02%), Manganese: 0.13mg (6.42%), Phosphorus: 63.61mg (6.36%), Vitamin A: 302.13IU (6.04%), Calcium: 57.54mg (5.75%), Fiber: 1.39g

(5.55%), Vitamin K: 4.08µg (3.89%), Magnesium: 15.26mg (3.82%), Iron: 0.6mg (3.32%), Zinc: 0.43mg (2.85%), Vitamin B1: 0.04mg (2.47%), Vitamin B6: 0.04mg (2.2%), Folate: 7.5µg (1.87%), Selenium: 1.16µg (1.66%), Copper: 0.03mg (1.53%), Vitamin B2: 0.02mg (1.4%), Vitamin D: 0.18µg (1.19%), Vitamin B12: 0.07µg (1.13%), Potassium: 39.06mg (1.12%)