



Potawatomi Popcorn



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



942 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.5 teaspoon cayenne
- ☐ 3 quarts popped popcorn
- ☐ 1.5 teaspoons poultry seasoning
- ☐ 12 servings salt

Equipment

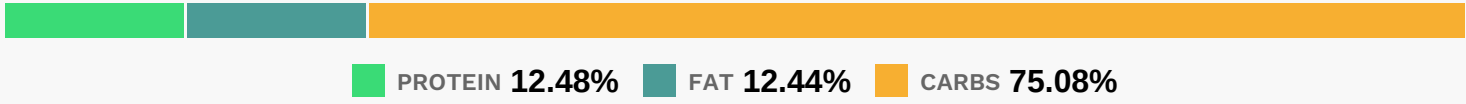
- ☐ bowl

Directions

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In a large bag or bowl, mix popcorn, melted butter, poultry seasoning, cayenne, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:8.19, Glycemic Load:99.51, Inflammation Score:-9, Nutrition Score:28.036521847967%

Nutrients (% of daily need)

Calories: 941.79kcal (47.09%), Fat: 13.59g (20.91%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 184.54g (61.51%), Net Carbohydrates: 150.19g (54.61%), Sugar: 2.07g (2.31%), Cholesterol: 0mg (0%), Sodium: 245.81mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Fiber: 34.36g (137.42%), Manganese: 2.65mg (132.63%), Magnesium: 341.48mg (85.37%), Phosphorus: 848.46mg (84.85%), Zinc: 7.3mg (48.65%), Iron: 7.64mg (42.46%), Copper: 0.62mg (31.12%), Vitamin B3: 5.48mg (27.38%), Potassium: 783.27mg (22.38%), Vitamin B6: 0.38mg (18.86%), Folate: 73.81µg (18.45%), Vitamin B1: 0.25mg (16.49%), Vitamin A: 630.16IU (12.6%), Vitamin B5: 1.21mg (12.1%), Vitamin B2: 0.2mg (11.7%), Vitamin E: 0.82mg (5.49%), Vitamin K: 4.92µg (4.69%), Calcium: 20.34mg (2.03%)