



Pumpkin Seed Popcorn Snack Mix



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



20

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups popped popcorn plain unsalted
- ☐ 1 cup pumpkin seeds unsalted (pepitas)
- ☐ 0.5 cup butter
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup plus light
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper red (cayenne)

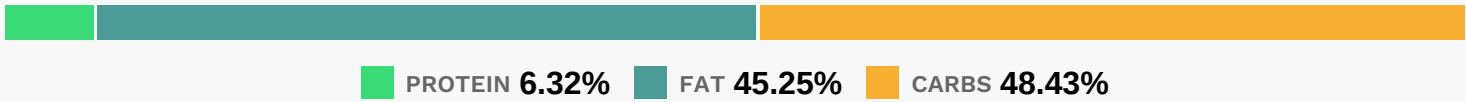
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 250°F. Spray 17x12-inch half-sheet pan with cooking spray. In large bowl, mix popcorn and pumpkin seeds; set aside.
- ☐ In 2-quart saucepan, melt butter over medium-low heat; stir in brown sugar and corn syrup.
- ☐ Heat to boiling over medium heat; boil 2 minutes. Stir in chili powder, salt, cumin, cinnamon and red pepper.
- ☐ Pour over popcorn mixture; stir to coat completely.
- ☐ Spread mixture in pan.
- ☐ Bake uncovered 30 minutes, stirring occasionally. Cool completely in pan on cooling rack.

Nutrition Facts



Properties

Glycemic Index:6.37, Glycemic Load:2.48, Inflammation Score:-3, Nutrition Score:3.1395652430213%

Nutrients (% of daily need)

Calories: 146.23kcal (7.31%), Fat: 7.7g (11.84%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.44g (6.34%), Sugar: 14.07g (15.63%), Cholesterol: 0mg (0%), Sodium: 120.53mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Manganese: 0.33mg (16.68%), Magnesium: 40.39mg (10.1%), Phosphorus: 87.18mg (8.72%), Vitamin A: 252.93IU (5.06%), Copper: 0.09mg (4.7%), Fiber: 1.09g (4.38%), Iron: 0.75mg (4.18%), Zinc: 0.62mg (4.11%), Potassium: 81.6mg (2.33%), Vitamin B3: 0.39mg (1.97%), Vitamin E:

0.27mg (1.8%), Calcium: 16.13mg (1.61%), Folate: 4.96µg (1.24%), Selenium: 0.74µg (1.06%), Vitamin B6: 0.02mg (1.04%)