

Rocky Top Popcorn

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon
- ☐ 4 tablespoons butter melted
- ☐ 1.3 oz popped microwave popcorn
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 teaspoons buttermilk ranch dressing mix

Equipment

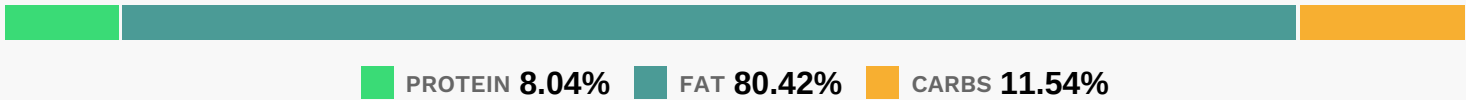
- ☐ bowl

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large skillet over medium-high heat 10 minutes or until crisp; remove bacon, and drain on paper towels. Coarsely chop bacon.
- ☐ Pour popped popcorn into a large bowl. Toss with bacon, Parmesan cheese, melted butter, and buttermilk Ranch dressing mix.
- ☐ Sprinkle with freshly ground pepper, and serve immediately.
- ☐ Note: For testing purposes only, we used Orville Redenbacher's Natural Simply Salted 50% Less Fat Gourmet Popping Corn.

Nutrition Facts



Properties

Glycemic Index:48.92, Glycemic Load:3.68, Inflammation Score:-4, Nutrition Score:5.1604346814363%

Nutrients (% of daily need)

Calories: 368.87kcal (18.44%), Fat: 32.94g (50.68%), Saturated Fat: 16.61g (103.79%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 9.35g (3.4%), Sugar: 0.05g (0.06%), Cholesterol: 66.74mg (22.25%), Sodium: 853.81mg (37.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Selenium: 9.88µg (14.11%), Phosphorus: 131.51mg (13.15%), Vitamin A: 571.95IU (11.44%), Calcium: 83.18mg (8.32%), Vitamin B3: 1.38mg (6.91%), Zinc: 1mg (6.68%), Vitamin E: 0.96mg (6.37%), Manganese: 0.12mg (6.2%), Vitamin B6: 0.12mg (6.1%), Vitamin B1: 0.09mg (5.97%), Fiber: 1.28g (5.13%), Magnesium: 19.99mg (5%), Vitamin B12: 0.29µg (4.85%), Vitamin B2: 0.07mg (3.91%), Potassium: 133.06mg (3.8%), Iron: 0.42mg (2.35%), Vitamin B5: 0.24mg (2.35%), Vitamin K: 2.24µg (2.13%), Copper: 0.04mg (2.13%), Vitamin D: 0.16µg (1.06%)