



Rosemary Popcorn With Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons rosemary fresh coarsely chopped
- ☐ 1 cup olive oil
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.5 cup unpopped popcorn kernels
- ☐ 12 sprigs rosemary cut into 2-inch pieces 6-inch
- ☐ 1.5 teaspoons sea salt divided

Equipment

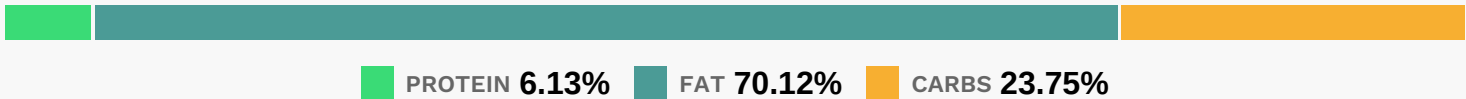
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Cook oil in a small saucepan over low heat 3 minutes.
- ☐ Add popcorn kernels, rosemary sprigs, and 1 teaspoon sea salt.
- ☐ Remove mixture from heat; cover and let stand at room temperature 48 hours.
- ☐ Drain kernels, reserving 3 tablespoons oil; discard rosemary sprigs.
- ☐ Place 3 tablespoons reserved olive oil and popcorn kernels in a large Dutch oven.
- ☐ Cook kernels, covered, over high heat, shaking pan often for 4 minutes until popping begins to slow down.
- ☐ Remove popcorn from heat, and let stand 2 minutes or until popping stops.
- ☐ Place popcorn in a large bowl.
- ☐ Add remaining 1/2 teaspoon salt, pine nuts, and chopped rosemary, and toss.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.9604348302211%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 82.35kcal (4.12%), Fat: 6.67g (10.26%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.08g (1.48%), Sugar: 0.23g (0.25%), Cholesterol: 0mg (0%), Sodium: 249.84mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.49mg (24.29%), Vitamin E: 0.91mg (6.06%), Magnesium: 19.76mg (4.94%), Phosphorus: 45.48mg (4.55%), Vitamin K: 4.46µg (4.24%), Fiber: 1g (4%), Copper:

0.08mg (3.93%), Zinc: 0.48mg (3.19%), Iron: 0.51mg (2.82%), Vitamin B1: 0.04mg (2.44%), Vitamin B3: 0.31mg (1.54%), Folate: 5.85µg (1.46%), Potassium: 47.64mg (1.36%), Vitamin B6: 0.02mg (1.19%)