



Sesame-Ginger Popcorn Snack



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups popped popcorn unsalted
- ☐ 2 cups celery stalks
- ☐ 1 cup slivered almonds
- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon sesame oil
- ☐ 1 teaspoon ginger grated

☐ 1 cup peas dried green

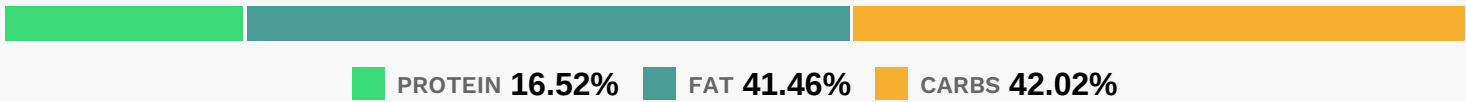
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Heat oven to 250°F. In broiler pan, mix popcorn, sesame sticks and nuts.
- ☐ In small bowl, mix butter, soy sauce, lime juice, oil and gingerroot.
- ☐ Pour over popcorn mixture; toss to coat.
- ☐ Bake uncovered 30 minutes, stirring every 10 minutes, until dry and crisp.
- ☐ Spread on paper towels to cool.
- ☐ Add green peas. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.65, Glycemic Load:2.44, Inflammation Score:-4, Nutrition Score:6.5139130888426%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 125.11kcal (6.26%), Fat: 6.02g (9.27%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 8.74g (3.18%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 100.09mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Manganese: 0.41mg (20.29%), Fiber: 5g (19.99%), Vitamin E: 1.87mg (12.5%), Folate: 43.29µg (10.82%), Magnesium: 42.35mg (10.59%), Phosphorus: 102.49mg (10.25%), Copper: 0.2mg (9.85%), Vitamin B1: 0.11mg (7.52%), Vitamin B2: 0.12mg (6.94%), Potassium: 226.29mg (6.47%), Iron: 1.02mg (5.69%), Vitamin K: 5.57µg (5.31%), Zinc: 0.77mg (5.15%), Vitamin B3: 0.81mg (4.07%), Vitamin A: 180.24IU (3.6%), Vitamin B5: 0.32mg (3.15%), Calcium: 31.53mg (3.15%), Vitamin B6: 0.05mg (2.58%), Vitamin C: 0.91mg (1.1%)